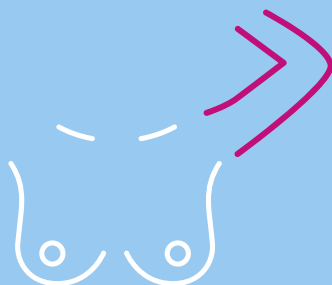


**GUIDE TO
BEATING THE
HEALTH CRISIS**
WITH MONTHLY BREAST SELF-EXAMS (BSE)

Note: If you are menstruating, do your monthly BSE 7–10 days after the start of your menstruation. If you have stopped menstruating, do it on the same day every month (e.g. first day of the month).

HOW TO FEEL FOR CHANGES:

Follow these steps while you're in the shower, at the mirror or lying down.



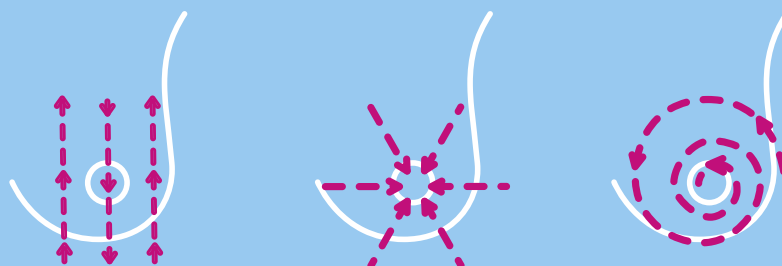
Step 1:

Raise arm above head



Step 2:

Use pads of middle 3 fingers



Step 3:

Press firmly, move gently in circular movements and check entire breasts, nipples and armpits for lumps

WHAT TO LOOK OUT FOR:



Persistent lump or thickening in breast or armpit area



Newly retracted nipple



Change in colour or skin of breast, areola or nipple



Blood or discharge from nipple



Change in breast size or shape

Consult your doctor if you notice any of these changes.

If you're aged between 40-49, you should also do a mammogram once every year.
If you're 50 and above, you should do it once every two years.

HOW TO BOOK A MAMMOGRAM



1. CHECK YOUR SUBSIDY ELIGIBILITY

Mammogram subsidies are available under the Health Promotion Board's (HPB) Screen For Life and the Breast Cancer Foundation (BCF) Encouragement for Active Mammograms (BEAM) programmes at participating centres.

Call 6352 6560 for more details.

SUBSIDIES AVAILABLE	
CARD TYPE	MAMMOGRAM SCREENING RATE
Pioneer Generation	\$25
Merdeka Generation	\$37.50
Community Health Assist Scheme (CHAS) Cardholders – Blue or Orange	\$0 (BEAM programme)
Singapore Citizens or Community Health Assist Scheme (CHAS) Cardholders – Green	\$50
Permanent Residents	\$75

2. REGISTER YOUR INTEREST

Fill in the Mammogram Registration Form here: www.tinyurl.com/bcfmammogram



ABOUT BREAST CANCER FOUNDATION

Breast Cancer Foundation is a social service agency founded in 1997. Its mission is to eradicate the life-threatening disease through talks, events and publications to advocate early detection with regular screening.

Breast Cancer Foundation also supports survivors and their families through various befriending and training activities.

BREAST CANCER FOUNDATION SUPPORT

For more information on:

- Available programmes and support for women and families affected by breast cancer
- Funding assistance for mammograms
- Enabling on-site mammograms in your community

Call 6352 6560 or email us at enquiries@bcf.org.sg

