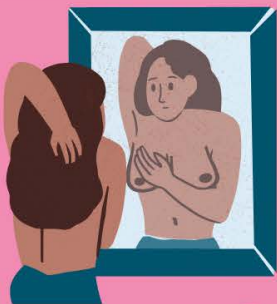


HOW TO DO YOUR BSE

Do it 7 - 10 days after your menstrual period starts.



FIRST, LOOK AT YOUR BREASTS IN THE MIRROR.

Visually examine for any changes in your breasts and armpit region-

• dimpling, a lump or redness.

USING THE FINGERPADS OF YOUR 3 MIDDLE FINGERS

- Hold them flat on your breast.
- Feel for lumps or any abnormalities.



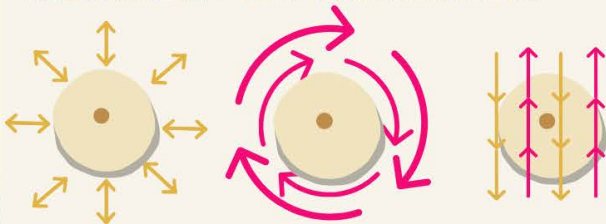
Remember to feel these areas too.



FEEL YOUR BREASTS WHILE LYING DOWN.

- Lay flat on your back with a pillow under your right shoulder and place your right hand under your head.
- Using your left hand, examine your right breast.

FOLLOW THESE HAND MOVEMENTS WHEN EXAMINING YOUR BREASTS IN THIS MANNER:



HELPLINE 6356 0123

SIGNS OF ABNORMALITIES TO LOOK OUT FOR:

SKIN RASH



ORANGE
PEEL
SKIN



LUMP



LYMPH
NODE
SWELLING



NIPPLE
INVERSION



BLOODY
DISCHARGE



UNUSUAL
PAIN



DIMPLING



SCAN ME



**EARLY DETECTION
SAVES LIVES, SAVES BREASTS.**

**IF YOU ARE 40 AND ABOVE*,
SCAN THE QR CODE TO BOOK
YOUR MAMMOGRAM TODAY.**

*Consult your doctor about the benefits
and limitations of going for a mammogram
if you are aged 40 to 49.




BREAST CANCER FOUNDATION

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Website: www.bcf.org.sg

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Singapore 570441

 [bcfsg](https://www.instagram.com/bcfsg)

 [BreastCancerFoundation](https://www.linkedin.com/company/breastcancerfoundation)

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