

# 4 STEPS FOR SELF-EXAMINATION

## *breast cancer*

Self-examination is the first step of early diagnosis in breast cancer. It is best if you start self-examining starting from your 20's. In your fertile period, you should perform self-examination each month, two days after your period. When it comes to women in menopause, they should perform it every month on any fixed date, while women that use hormone contraception should perform it with the first pill. **Remember that 90 % of all breast cancers can be CURED if they are diagnosed on time and properly tested.**

Stand in front of the mirror and examine your breasts in three different positions: with your arms set on your hips, observe the front and the side areas; with both arms lift above the head; with straight back and arms along the body. Try to detect if there are changes in breast symmetry, position of the nipples, protrusions/indentations or changes in color and quality of the skin.



Lift one arm above the head and touch the whole breast with circular movements with the three middle fingers of the other arm. Check if there are unusual protrusions/indentations, hard areas or changes in skin quality. Repeat the same procedure on the other breast



Check the nipples and skin around the nipples with the top of the thumb and index finger. Detect if there are changes in the form and surface of the skin, unusual redness, lumps and the like. Also, it is very important that you check whether you have spontaneous secretion spots on your underwear.



Lie down and put your left arm above your head. Thoroughly examine your left breast by touching it with your right arm. Make sure you use different pressure levels with the fingertips. Try not to leave out the peripheral parts, examine the area from the collar-bone to the area under the breast and from the sternum to the area under the underarms, including them. You should use circular movements in order to check if there is presence of lumps or unusual skin growths. Repeat the same procedure on the other breast

