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Tips for the Breast-Self-Exam

The self-examination of your breast helps you to get to know your body better. It moreover helps you to observe possible changes, however, it does not replace a medical examination carried out by a physician.

Please consult your gynaecologist so that he or she can introduce you to the self-examination of your breast. The best time to examine the breast is from the 7th to the 10th day after the start of your period. In case you do not have your period anymore, please choose one fixed day during the month on which you carry out the breast-exam. It is best to check your breast both standing up and lying down.

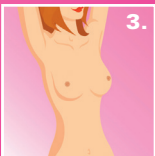


1. Stand in front of a mirror with your arms hanging naturally at the sides.

Look at your breasts and pay attention to changes in size and shape, skin changes, distortions, and swelling on the skin or the nipple.



2. Rest your arms on your right and your left hip and pay attention to possible changes once again.



3. Raise your arms over the head as well as behind the head and repeat the examination.

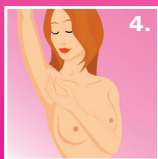
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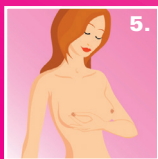


Potential indicators for breast cancer:

- An unusual enlargement of one or both breasts.
- A change in the shape of one or both breasts.
- Unusual redness of the breast (also consult your physician if you just observe a rash).
- Dimples in the skin, also while lifting the arm.
- Lumps, distortions, dimples, or bulges on the breast.
- Reddened and/or inverted nipples, from which potentially liquid comes out.
- Bloody, watery, milky, or yellow fluid coming out of one or both breasts.
- A painless, palpable lump in the breast and/or the axilla.
- Skin changes resembling thick orange peel.
- A swollen upper part of your arm.



- 4.** Now use your three middle fingers of your left or right hand (index finger, middle finger, and ring finger) to examine the axilla of the opposite side to check if you can feel any abnormalities.



- 5.** Use your thumb and your index finger to squeeze your nipple and check whether there is fluid coming out of your nipple, if yes, observe the colour of the fluid so that you can report back to your physician.



- 6.** How do you check your breast properly? Use the three middle fingers of your hand (index finger, middle finger, and ring finger). You must proceed systematically and examine the whole breast part by part. In doing so, you can examine your breast from the right to the left side and from bottom to top.