

My Breast Health Journey



BREAST SELF-EXAMINATION*

*Breast self-examination should be conducted once a month.

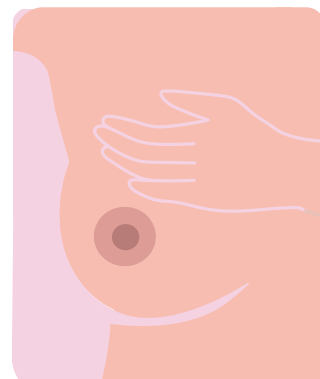
WHERE TO DO IT



Look for changes in the mirror

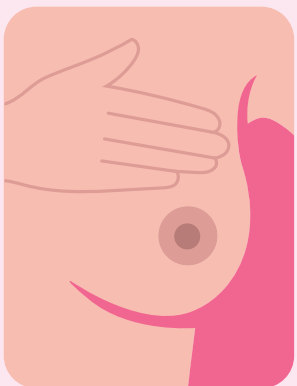


Feel for changes while lying down



Feel for changes in the shower

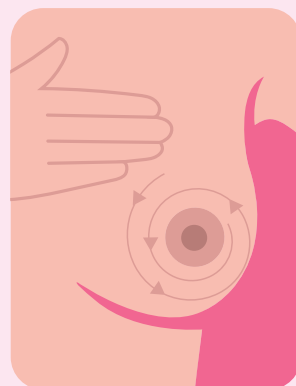
HOW TO DO IT



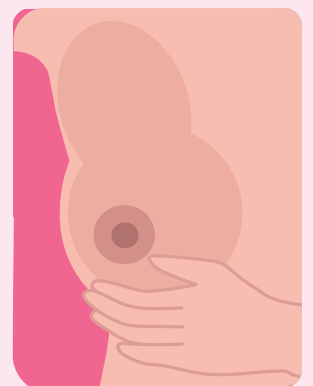
Hold your middle three fingers flat against your breasts



Press firmly using small circular movements to feel for lumps

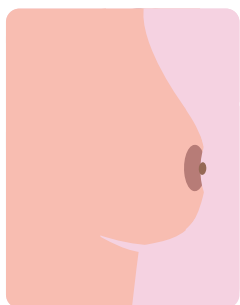


Start from the outside edge of your breasts and move inwards in circles

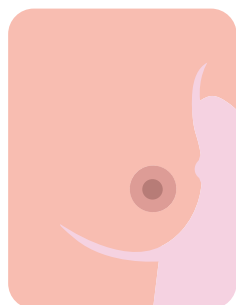


Check the entire breast, armpit, and behind the nipple

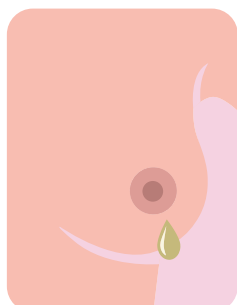
WHAT TO LOOK OUT FOR



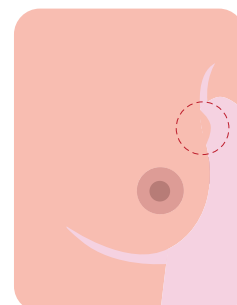
Nipple retraction



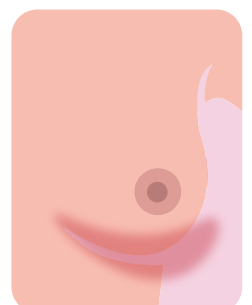
Dimpling or puckering of skin



Nipple discharge



Persistent lump



Change in breast shape or size



Share this with someone!

RafflesMedical