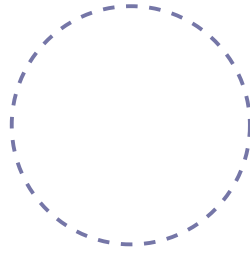




CUT ALONG DOTTED LINE



YAP

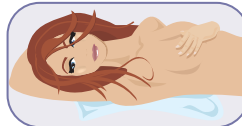
young adults program

BREAST SELF-EXAM (BSE)

PART A - LYING DOWN OR IN THE SHOWER

Feel for any change in your breast tissue e.g. thickening or hard lump

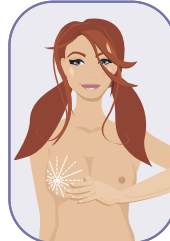
- 1 Put your right hand behind your head and use the pads of the three middle fingers of your left hand to examine your right breast (use soapy water if in shower)
- 2 Press using light, medium and firm pressure in a circular motion, then follow an up and down pattern and then a wedge pattern (refer to diagrams A,B and C)
- 3 Feel for changes in your breast, above and below your collarbone and in your armpit area
- 4 Repeat these steps with your left breast



A - Circular



B - Up & Down



C - Wedge

PART B - IN FRONT OF A MIRROR

Look for changes in the shape, size or appearance of your breasts e.g. dimpling, rash or puckering of the skin or nipple, nipple discharge or any change from normal.

Inspect your breasts in four ways:

- 1 Holding arms at sides
- 2 Holding arms overhead
- 3 Pressing hands on hips to tighten chest muscles
- 4 Bending forward with hands on hips

CUT ALONG DOTTED LINE

