



LifeAssist.

# BREAST SELF-EXAMINATION REMINDER

Put this chart on your mirror, inside a bathroom cabinet, inside your cupboard door or anywhere you can see it often, to help you remember to do a monthly self-examination of your breasts, preferably a few days after every menstruation.

**Tear off once a month's examination has been done**



## How to examine your own breasts

Stand in front of the mirror, with your arms at your sides. Look for puckering, dimpling or discolouration of the skin. Also look for inversion of the nipples.



Raise your arms above your head and turn from side to side, looking at your breasts from different angles.

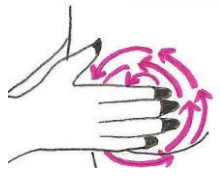
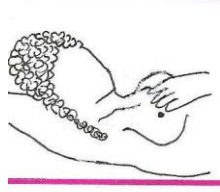
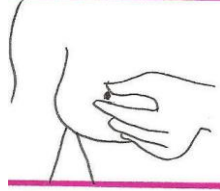
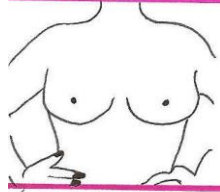
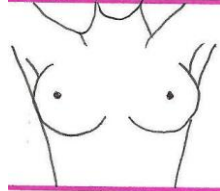
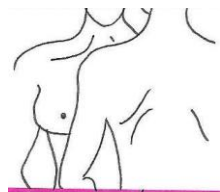


Place your hands on your hips and push inwards, thereby tensing the chest muscles. Look for unusual changes in the shape or position of your breasts.



Squeeze your nipples gently between your fingers to see if there is any discharge, either clear or bloodstained. Also look for a rash on either or both of the nipples.

Lie down on a bed or floor. Place a small pillow or folded towel under one shoulder. Put the arm back up above and behind your head. This spreads the breast tissue across the chest wall. Start at the outer edge of the breast tissue. Use your fingers to gently roll the breast against the chest wall as the small circular movements allow the breast tissue to move under the fingertips so that any local hardness or lump will be felt. Repeat these movements on the other breast.



- .....
- October **DONE!**
- .....
- November **DONE!**
- .....
- December **DONE!**
- .....
- January **DONE!**
- .....
- February **DONE!**
- .....
- March **DONE!**
- .....
- April **DONE!**
- .....
- May **DONE!**
- .....
- June **DONE!**
- .....
- July **DONE!**
- .....
- August **DONE!**
- .....
- September **DONE!**
- .....
- October **DONE!**
- .....
- November **DONE!**
- .....
- December **DONE!**
- .....

Developed by  
Women's Life

**IF YOU SEE OR FEEL ANYTHING OUT OF THE ORDINARY, CONTACT A DOCTOR IMMEDIATELY!**