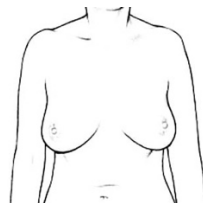


How to examine your breasts

1. Examine yourself once a month. Stand in front of the mirror. Check the skin for puckering, dimpling or changes. Check the nipples for any change in shape or for any rashes/discharge. Check your bra and nightwear for any spontaneous nipple discharge.



2. Slowly raise your hands watching in the mirror to check for any changes in contour of the breast.



3. A good time to check is in the shower or bath. Using the flat of your fingers, slowly massage around the breasts checking for any unusual lumps or bumps. Don't forget your underarms.



4. Examine in lying position with one arm over your head. Use the pads of the fingers of other hand to check the breast. Follow a pattern.



5. If you see or feel any changes, please see your GP/Breast Specialist. It is **never** a waste of time.