

BREAST CANCER AWARENESS

Did you know that 70% of all breast cancer is found through self-checking? This is why it is important that everyone 'knows-their-normal' and learns how to do a self-breast check.

breast
health
FOUNDATION



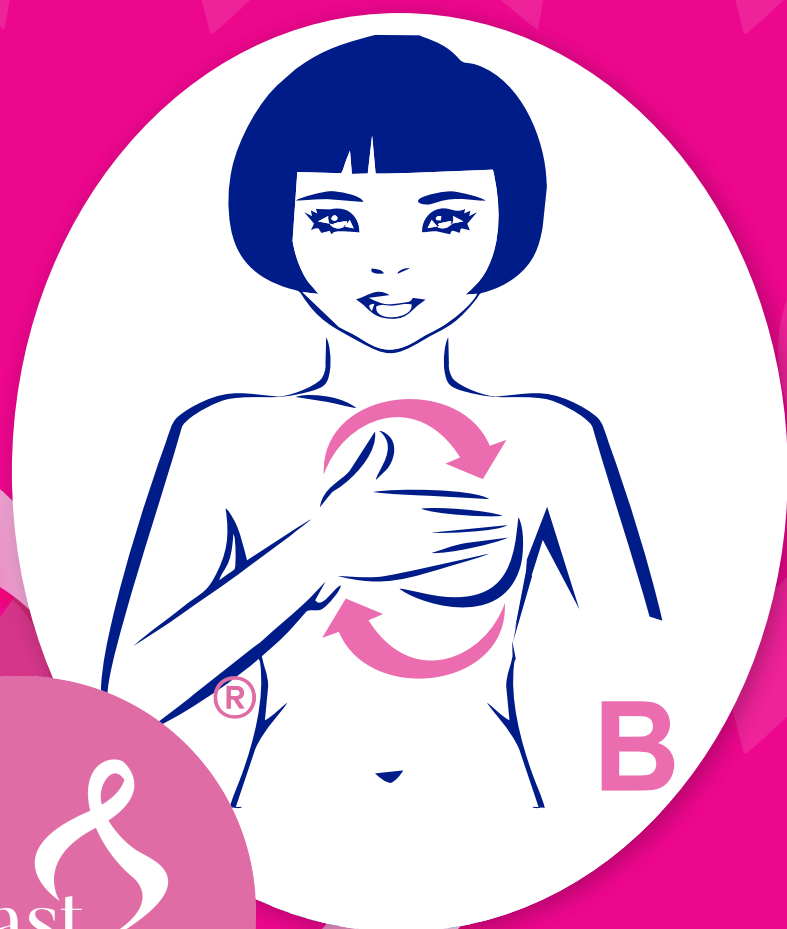
Pick n Play
School Club



EXAMINE YOUR BREASTS:

Feel for any changes in breast tissue that could feel like a thickening or a hard lump.

Changes are easier to detect when lying down, and ideally when your hands are wet and soapy in the bath or shower. Use the 3 middle fingers on your hand to examine the opposite breast. Using light pressure, then medium, then firm pressure, in a circular motion on your breast, follow an up and down pattern.



Now, feel for any changes above and below your collarbone and in the area of your armpit. Repeat these steps on your other breast.

