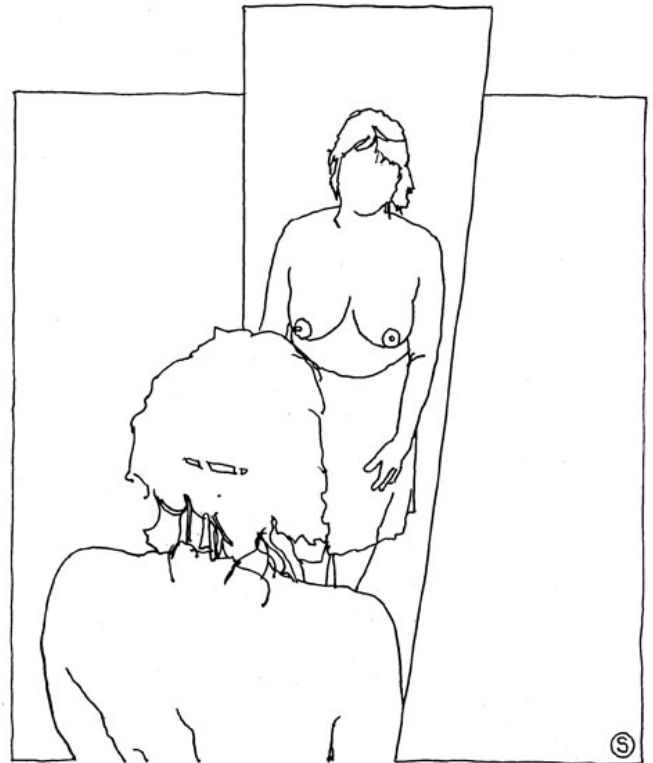
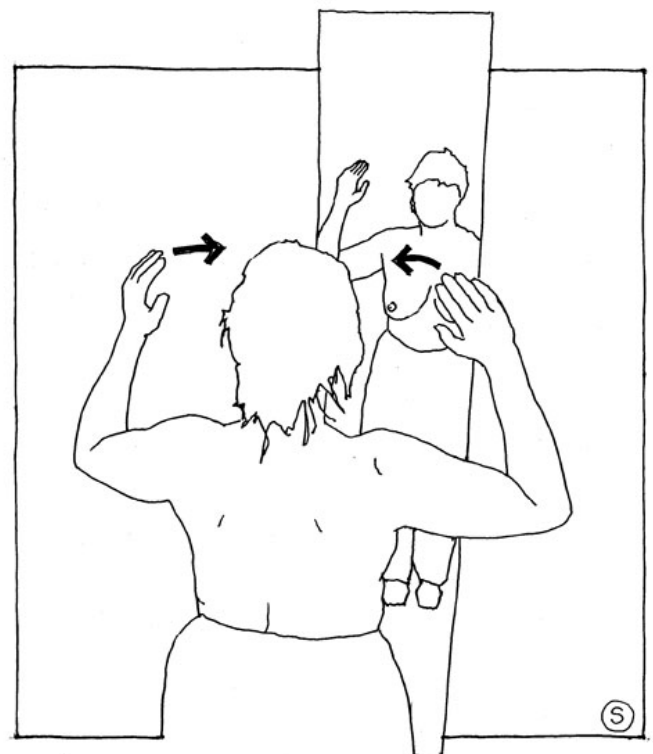


## Breast self-examination

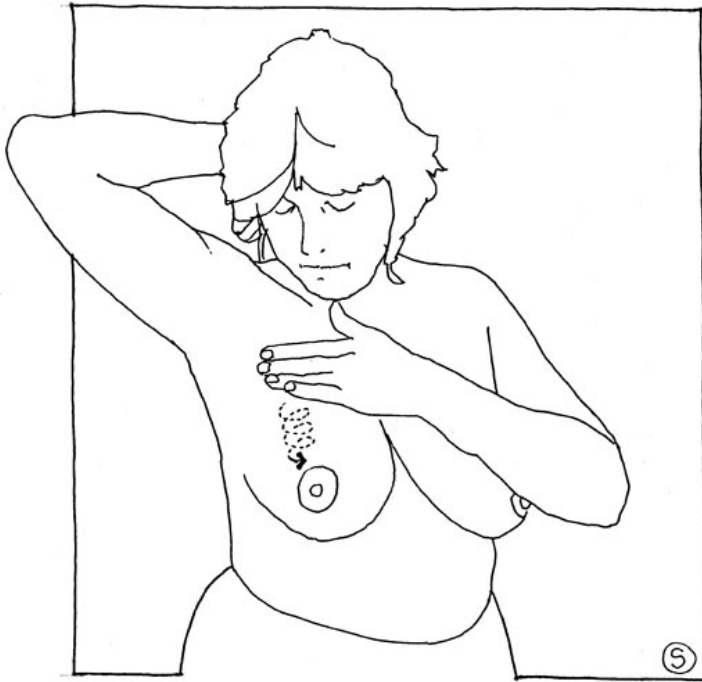
Go and stand in front of the mirror with your arms hanging by your side.  
Compare your breasts. Nothing significant?  
No dry spots, no discoloration?



Press your nipple to check for discharge.  
This discharge can be bloody or transparent.



You are still standing in front of the mirror.  
Lift your arms slowly to reach the back of your head.  
Keep looking at your breasts.  
Do they both go up in the same way?  
Do you see a dimple somewhere?



Lift your right arm.  
 Examine your right breast with your left hand.  
 Do this with your fingers close together and outstretched.  
 Begin on the outside and work your way in circles to the nipple.  
 Do you feel a lump?  
 Repeat the examination with the right hand for the left breast.

Bend forward and support your right breast with your right hand.  
 Feel and examine in circles with the fingers of your left hand.  
 Repeat the examination with your other breast.



Bend forward.  
 Let your left arm hang loose.  
 Examine your armpit with your right hand.  
 Stretch your fingers to do so.  
 Do you feel a lump?  
 Repeat the examination with the other arm-

Good luck with your self-examination!



If you have seen anything unusual or felt a lump, go to your doctor.  
 He or she will examine you. You could have a cyst. This is a benign lump. The doctor can feel whether the lump is a cyst or not. Maybe you just have lumpy breasts. This is called mastopathy.  
 Then it is recommended to have a doctor's examination once a year.  
 If the doctor has doubts, he or she will refer you to the hospital for an X-ray.  
 Such an X-ray is called a mammography.  
 Maybe you remember what a scan is from a pregnancy