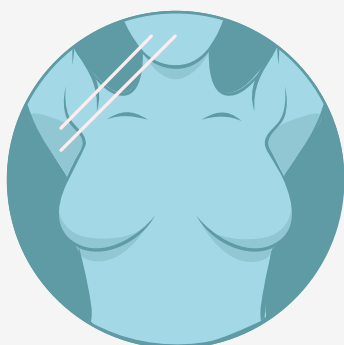


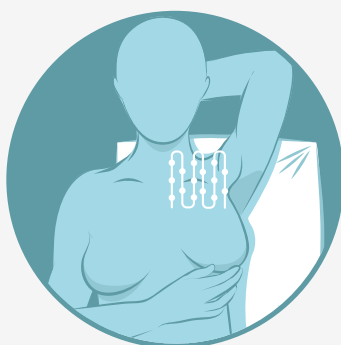
## Breast Care Self Examination

Brought to you in the interest of  
**Breast Cancer Awareness Month**

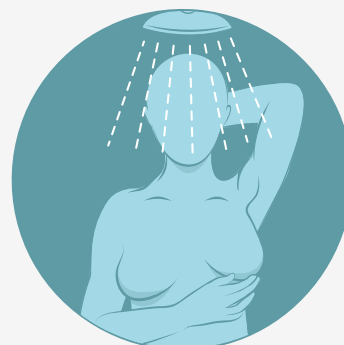
Regular self-breast examination and regular mammograms are key to early detection, and it's easy to do\*:



*In the mirror*



*Lying down*



*In the shower*



- **Post-menopausal** – self-examinations should be done monthly.
- **Pre-menopausal** - self-examinations should be done in the week after your period has started.

### 1. IN THE MIRROR

- In front of a mirror, check for any changes in the normal look and feel of your breasts such as dimpling, size difference or nipple discharge.
- Inspect four ways: arms at sides; arms overhead; firmly pressing hands on hips and bending forward.

### 2. LYING DOWN

- Lie on your back with a pillow under your right shoulder and your right hand under your head
- With the four fingers of your left hand make small circular motions, follow an up and down pattern over the entire breast area, under the arms and up to the shoulder bone, pressing firmly
- Repeat using your right hand on your left breast.

### 3. WHILE BATHING

- With your right arm raised, check your right breast with a soapy left hand and fingers flat using the method described under step 2 above. Repeat on the other side.

### GETTING HELP

For more information about Life Oncology's treatment options visit [www.lifehealthcare.co.za](http://www.lifehealthcare.co.za) or contact your nearest healthcare provider. Alternatively you can contact the Cancer Association of South Africa on their toll-free number (0800 22 66 22) or visit [www.cansa.org.za](http://www.cansa.org.za).

\*We would like to thank CANSA for the information used in this flyer.

