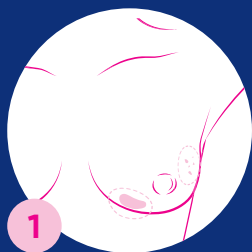
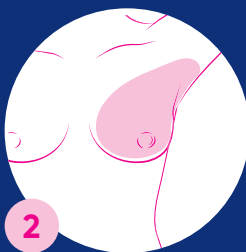


# It is important to do monthly breast checks

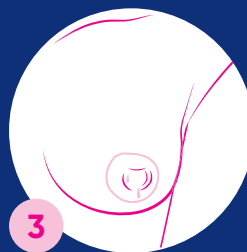
so that you are aware of any changes occurring in your breasts. Remember, finding a lump doesn't mean that you have cancer. Most lumps are benign (not cancer) so don't panic if you do find a change—however it's important to make an appointment with your doctor for further assessment.



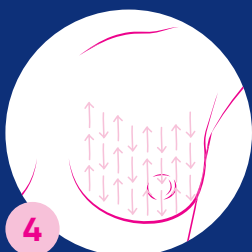
Stand in front of the mirror, arms relaxed and look for any changes in your breasts (e.g. size or shape, redness or rash, lumps or swelling, puckering, or any difference in the shape or symmetry of your nipple).



Examine each breast with one arm raised at a time and look for any changes in colour, shape or symmetry. Move your hands to your hips, hunch your shoulders to tighten your chest muscles and check again.



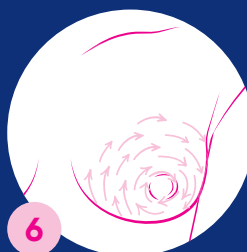
Gently squeeze each nipple to check for any discharge.



Raising one arm, start at the underarm and feel your breast by moving the pads of your fingers downwards and upwards, feeling for any lumps. Vary the pressure (push hard and soft) to feel the different depths of tissue.



Begin at the outer edge of the breast and move the pads of your fingers towards your nipple, again feeling for any lumps.



Starting at the outer edge of your breast, move the pads of your fingers in a circular motion until you reach your nipple. It is important to pay attention to the area between your breast and armpit, including the armpit itself.