

**Do not forget
your Breast Self
Examination (BSE)
every Month**



Fig. 1 & 2

After your shower raise one arm and put your hand (not tips) on your breast's outer edge. Glide your hand in small circles towards the nipple and look for any thickenings or changes. Then squeeze the nipple. Also examine your armpit. You should use this procedure for both breasts.

Niki I. Agnantis, SI/E Health Coordinator (1989-1993)



Fig. 3
In front of a mirror clasp your head and press it forward with your arms. Try to determine if your skin is different or if there are any dimples or puckers.



Fig. 4
Use your mirror again. This time press your hands on your hips and bend slowly towards the mirror. Look for changes.

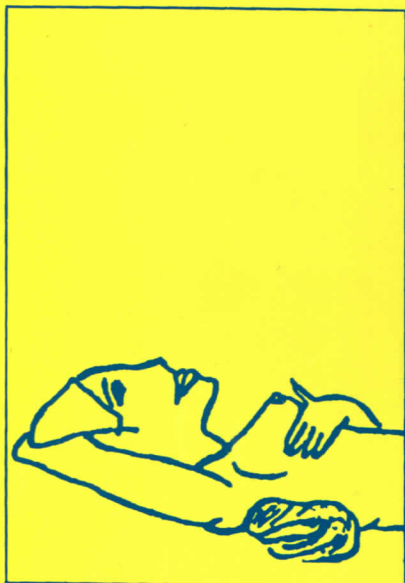


Fig. 5
Lie down, stretch your body with a towel under your right shoulder. Put your right arm over your head and glide your hand in small circles towards the nipple of your right breast. Then examine your armpit. Use this procedure for your left breast.

P. S.
The right day to do your BSE is the 8th day from the beginning of your period. When you enter the menopausal status it is useful, for practical reasons only, to put down in your agenda the same date of each month.