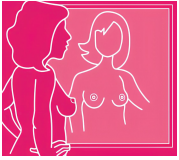
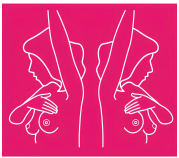


The 6 Steps to performing a breast self-examination



STEP 01

Take a good look at your breasts in the mirror and start by looking for changes in the shape, size or position of your nipples.



STEP 02

After you have checked your nipples, raise your arms in the air, you are going to look for any distortion of your breasts such as dimpling of the skin.



STEP 03

It is best to lie flat when examining your breasts, either on your bed, or sofa or even in the bath. This allows your breast tissue to spread out and makes examination.



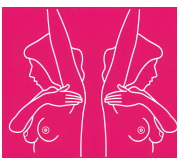
STEP 04

Then Using firm pressure with flat fingers on your right hand press your breast tissue against the underlying chest wall and use your flat fingers press around each quarter of your left breast.



STEP 05

Repeat step 4 but on your right breast and using your left hand.



STEP 06

Finally, examine your left underarm area with your right hand, starting as high as possible in your armpit and running your fingers downwards looking for any lumps. Repeat this process on your right underarm using your left hand.