

What is breast self-examination?

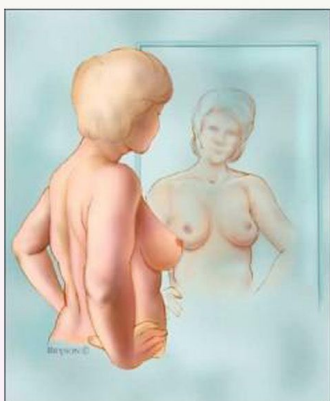
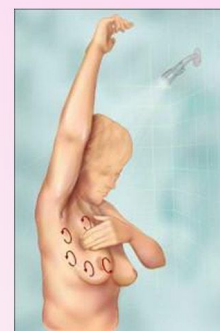
Self-examination of your breasts can be done in different pose such as stand, lie down and stand in front of the mirror. It will also clarify that some places your breast is not have a lump or a length, no change in size, any abnormality or not?

How will this check?

GRAMEEN SNEH FOUNDATION recommends that after every twenty years of age, every woman should check herself once in a month. While doing this test, first to see if any abnormalities are felt by pressing the breasts lightly. Also, do not check this during periods because the breasts are sensitive at the moment.

First Step:- Standing

You can do this test in your room or bathroom. Raise your hands above head so that you touch the armpit. Touch your breasts with fingers slowly, in the spherical motion by pressing from the outside to the inside, along with your armpits. If any lump is felt, then you should immediately get it checked with the doctor.



Step 2:- In front of the mirror

During this test, you stand in front of the mirror a little behind. Do look for changes in the colour, size or structure of breasts. Even do not forget to see Breast's nipple shape and size. Lift your hands over the head and check similarly.

Now place your hands on the hip and press your chest muscles to see that there is no change in the colour, its shape, size and skin. Generally women's breasts are slightly different in size, so check both breasts thoroughly.

Step 3:- Lie down

Lay down on the pillow to make this test and keep the pillow below your shoulders. Now lift one hand and press the breast by the other hand. By pressing the breast around with fingers, see if there is something felt like lump around knee or stomach or ankle.

Keep the pillow on the other side before checking the second breast. Do this procedure just like before. Now press the breast nipple to check secretion.



Breast cancer is a horrific event in one's life. So if you have to save yourself from this incident then check your breasts regularly and live cancer free life.