

KNOW YOUR BREASTS

It's important to know that nine out of 10 changes in the breast area aren't due to cancer. But if you do notice changes, see your doctor as soon as possible.

What to check for at each step:

- **lumps** or **thickening** in or near your breast and armpit
- changes to the **size** or **shape** of your breast and/or nipple
- changes to the **skin** of your breast and/or nipple
- any **discharge** (*fluid*)
- unusual pain in the breast area.

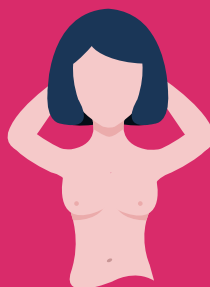
Anyone can get breast cancer. Man or woman. Young or old. So, check your breasts every month - it could save your life.

Let's get started.



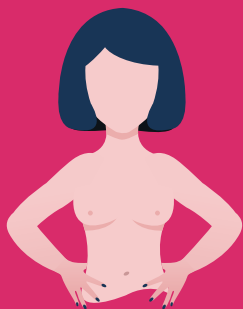
1. ARMS BY YOUR SIDE

Start by standing in front of the mirror and examining your breasts with your arms by your side.



2. HANDS BEHIND HEAD

Watching closely in the mirror, clasp your hands behind your head and press your hands forward.



3. HANDS ON HIPS

Then press your hands on hips and push your elbows forward to tighten chest muscles. Look for dimpling, puckering, redness or changes in shape, size, texture or skin colour.



4. ON YOUR BACK

Lying on your back helps to flatten your breast tissue, making it easier to examine it by pressing the tissue against your chest wall.

- Put a pillow under your left side and use your right hand to check your left breast.
- Swap the pillow over and repeat for your right breast.

TIPS

- Using the pads of your three middle fingers (don't use your pinkie and thumb), make small circles and vary the pressure while moving over the whole breast area
- Pay special attention to the area between the breast and the armpit, including the armpit itself
- It's important to make sure that you are covering your whole breast area – from your breastbone to your armpit and from the bottom of your breast to your collarbone
- Some women use lotion or powder and others find it easier in the shower with soapy skin
- Men can follow these steps too
- Take your time!

In addition to checking your own breasts, it is recommended that women between 40-74 years attend regular mammograms every two years. These are offered for free by BreastScreen Australia. Only those between the ages of 50 - 74 are sent a reminder for their next screen.

Please note that this guide should not replace medical advice. You should see your doctor and discuss what is the best approach for you.

MONTHLY BREAST CHECK CALENDAR

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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**National
Breast Cancer
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