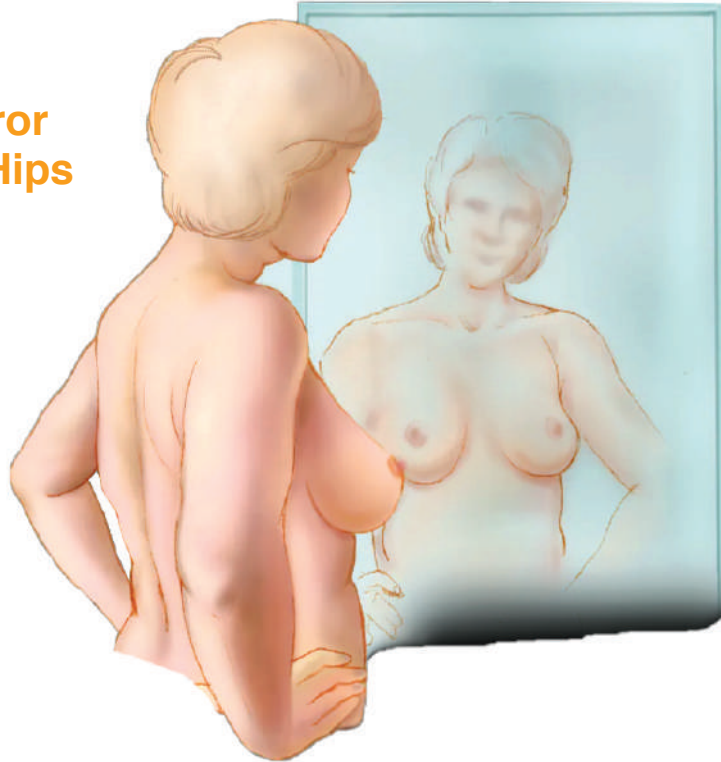


# Five steps for checking for breast cancer at home

## Step 1: Examine Your Breasts in a Mirror With Hands on Hips



Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.

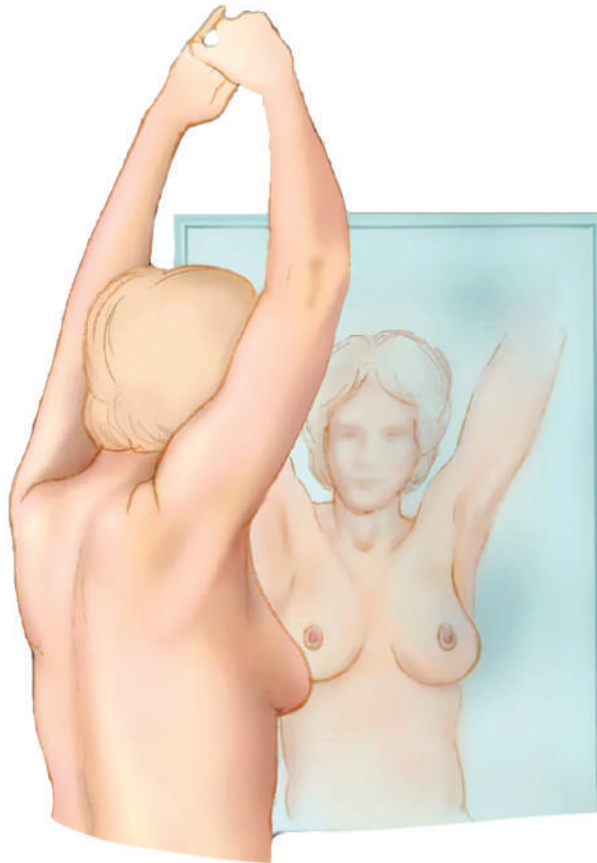
Here's what you should look for:

- \* Breasts that are their usual size, shape, and color
- \* Breasts that are evenly shaped without visible distortion or swelling

If you see any of the following changes, bring them to your doctor's attention:

- \* Dimpling, puckering, or bulging of the skin
- \* A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- \* Redness, soreness, rash, or swelling

## Step 2: Raise Arms and Ex- amine Your Breasts



Now, raise your arms and look for the same changes.

## Step 3: Look for Signs of Breast Fluid

While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).



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## Step 4: Feel for Breast Lumps While Lying Down



Next, check for breast lumps or abnormalities by feeling your breasts while lying down, using your right hand to feel your left breast, and then your left hand to feel your right breast.

Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Press down with your fingers and move them in a circular motion that's about the size of a quarter (or an inch around).

Cover the entire breast from top to bottom, side to side — from your collarbone to the top of your abdomen, and from your armpit to your cleavage.



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## Step 5: Feel Your Breasts for Lumps While Standing or Sit- ting



## Step 5: Feel Your Breasts for Lumps While Standing or Sitting

Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.

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***The Women's Wellness Centre at Lanka Hospitals offers advanced digital mammograms with maximum comfort and minimal radiation exposure, all at affordable rates.***



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Source: [www.breastcancer.org](http://www.breastcancer.org)