

Breast self-examination

1



With your arms relaxed by your side, look for changes in shape and color or if the nipple has changed direction.

2



Place your hands on your hips and press firmly. Bend forwards and backwards looking for any changes.

3



Standing and with one hand behind your head, explore your entire breast, starting with the armpit and finishing with the nipple.

4



With the tips of the fingers together, feel your breast up and downwards. Also in round movements, starting from the outer part and pull inward toward the nipple.

5



Lying with a cushion under your back, repeat all previous movements.

6



Place your thumb and forefinger on the tissue around the nipple and press. Look for any abnormal discharge.

Early detection is fundamental