

Steps to do a Breast Self-Examination (BSE)



1

Raise your arms.



4

Use small, circular movements to feel your armpits for lumps. Starting from the outside, feel around your breasts in circles, feel behind the nipples.



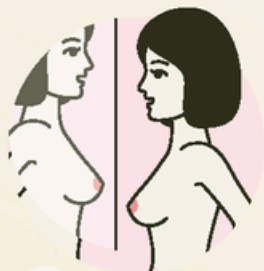
2

Lower your arms and press them firmly against your hips.



5

Finally, gently squeeze your nipples to check for any bleeding or discharge.



3

Turn slowly from side to side and look for changes in

- nipples
- appearance of skin
- size or shape of breasts



6

Lie down and repeat steps 4 and 5.

When to do a BSE:

Do your BSE just after your period ends - or on the same day each month if you do not have periods. Check for any changes in how your breasts normally look or feel. Report anything unusual to your doctor or nurse. Go for regular breast exams, and ask about when to start mammograms.