

## Steps for regular self-examination of breast



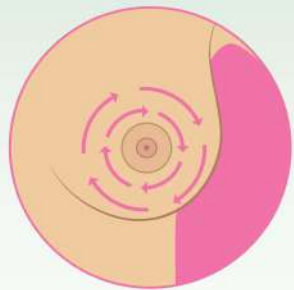
Stand in front of the mirror



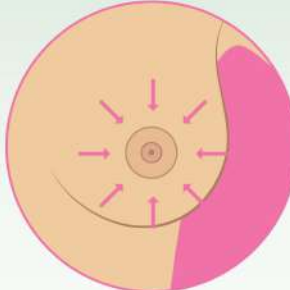
Check for changes in shape, size of breast and nipple discharge



Examine your breasts using the pads of three middle fingers



Press on every part of one breast in a circular pattern



Use light, medium and firm pressure - feel for any lumps, thick spots or other changes



Check under the areola and then squeeze the nipple gently to check for discharge



Check your armpits and area between collar-bone, shoulder and breast



Repeat the steps for the other breast

CANCER SE  
JEETNA  
संभव है