



Cut down the risk of Breast Cancer



Monthly Breast Self – Examination

At the end of every period or at a specific time each month (if you are no longer menstruating), check for any change in the normal look or feel of your breasts.

Here is how to do it.

Step One: Lying Down

- Lie down on your back with a pillow under your right shoulder.
- Use the pads of the three middle fingers of your left hand to examine your right breast.
- Press the breast firmly in a circular motion without lifting your fingers.
- Follow an up and down pattern
- Feel for any changes in your breast, above and below your collarbone, and your armpit area.
- Examine your left breast in the same way using your right hand.

These steps may be followed while bathing or showering using soapy hands.



Steps Two: In front of the Mirror

Look for any changes in your breasts that are not normal in the following positions.

- With arms held at sides
- With arms held overhead
- With hands pressed on hips to tighten chest muscles
- Bending forward with hands on hips.

Finding a lump or change in your breast does not necessarily mean you have breast cancer.

You should see a trained medical professional if you have any of these symptoms:

- Lumps, hard knots, thickening in any part of the breasts
- Unusual swelling, redness or increased warmth of your breasts
- Change in the size or shape of your breasts
- Dimpling or puckering of the skin on your breasts
- Itching, soreness or scaling on the nipples
- Pulling in of the nipples or other parts of your breasts
- Nipple discharge that starts suddenly
- Unusual, localized pain in the breasts.



Recommendations:

- Monthly breast self - examination starting by age 20
 - Clinical breast examination by a trained medical professional at least every three years starting at the age 20 and annually after 40
 - Annual screening mammography for women starting at age 40
- Women under 40 with either a family history of breast cancer or other concerns should consult with a trained medical professional about risk assessment and when to begin mammography.



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