

How to perform a breast self-examination

1 Begin by looking at your breasts in the mirror,

You should check that your breasts:

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

If you see any of the following changes, tell your doctor:

- dimpling, puckering, or bulging of the skin
- a nipple that has changed position, or an inverted nipple
- redness, soreness, rash, or swelling

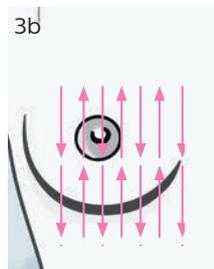
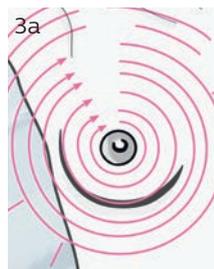
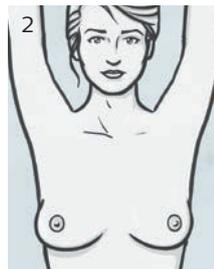
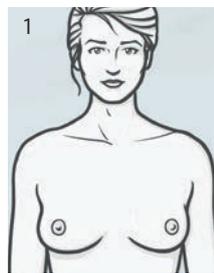
2 Now raise your arms and look for the same changes, gently squeeze each nipple and check for discharge.

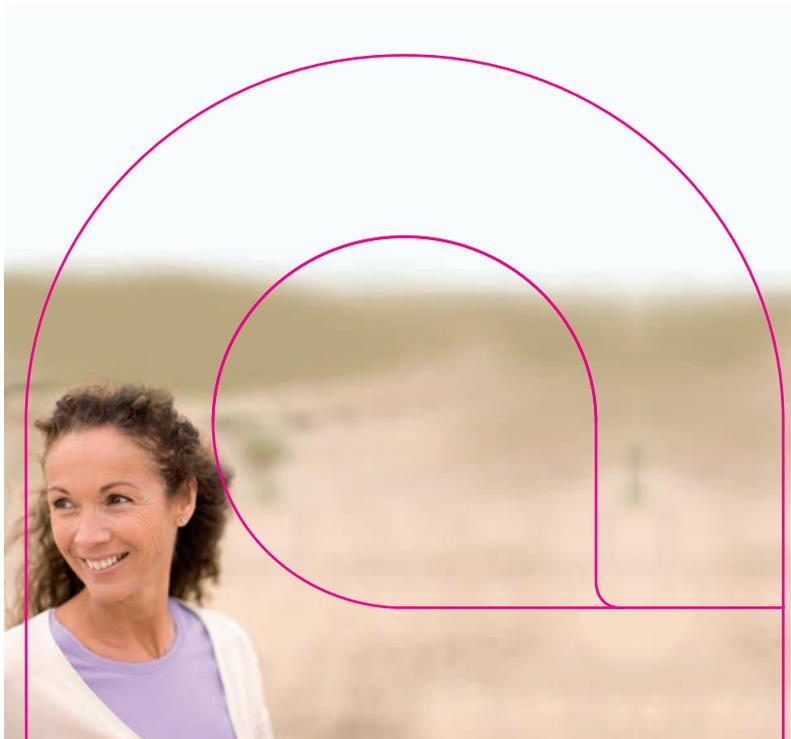
3 Next, feel your breasts while lying down, using your right hand to feel your left breast, and then your left hand to feel your right breast. Use a firm, smooth touch with the middle three fingers of your hand, keeping the fingers flat and together.

Cover the entire breast —from your collarbone to the top of your abdomen, and from your armpit to your cleavage. Follow a pattern to be sure that you cover the whole breast.

3a Circular motion: begin at the nipple, moving in increasing circles.

3b Linear motion: move your fingers up and down vertically in a pattern of rows. Use a soft touch for tissue just beneath the skin, and a firmer touch for deeper tissue. Begin examining each area with a very soft touch, then increase the pressure so that you can feel the deeper tissue, down to your ribcage.





Make **personalized breast care** a reality

Philips MicroDose mammography SI

About 25–35% of breast cancers are found by the patient, so reporting symptoms to your doctor is smart. However, a breast self-examination does not replace your screening mammogram, which will detect tiny lumps long before they can be felt.

To examine your breasts, you can use the step-by-step breast self-examination technique described here. Women with breast implants can also do the examination. Ask your surgeon to help you identify the implant's edges so you know exactly what you are feeling.

You should examine your breasts every month, preferably a few days after your period ends to allow any swelling or tenderness to subside. If you are not menstruating, it is important to do the examination on the same day each month.

It is essential that you get to know the look and feel of your breasts, and that you tell your doctor about any changes you notice. However, remember that a change in your breast is not necessarily an indication of cancer.

The use of Philips MicroDose mammography SI system with Spectral Breast Density Measurement, means your screening mammogram will be quick, targeted, and at a low radiation dose.

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