



## Breast Self Examination 乳房自我檢查(英文)

For a woman to understand the condition of her health, she can start by self-examining her own breast regularly to see if there is any deformation; but self-examination is inadequate, only through annual mammogram and physical examination by a physician can breast cancer be discovered, especially for a woman over 40 reaching the high risk group category.

### Symptoms of Breast Cancer

1. swelling of all or parts of the breast
2. skin irritation or dimpling
3. breast pain
4. nipple pain or turning inward
5. redness, scaliness, or thickening of the nipple or breast skin
6. a nipple with secretion other than breast milk
7. a lump in armpit area

### When to self examine breast

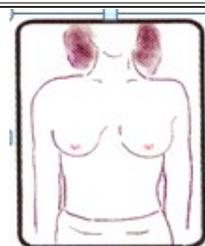
Check your breasts on the regular basis, for example, once a month.

### Self-examination range

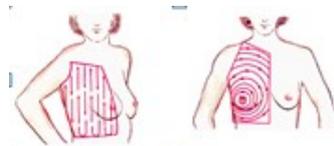
The range covers both sides of the breast including areas below collarbone, the middle of the sternum, under armpit, and rib area; you should be especially cautious around nipple and upper breast area.

### How to perform self Breast examination

Facing a mirror with your arms naturally relaxed, you then check for abnormal lumps, skin irritation, and inward nipple; including changes for the size, shape, and color of the breast.



There are three patterns you can use to examine your breast: the circular, the up-and-down, and the wedge patterns. When checking your breast, press firmly with your index and middle fingers. Use the pattern that is easiest for you, and use the same pattern every month to check both breasts.



Lie flat on your back, start by check your right breast. First place a pillow under your right shoulder and place your right hand behind your head; then press firmly on your breast and armpit area with your finger pads. With the same procedure, repeat it for your left breast.



Gently squeeze the nipple of each breast and report any discharge to your doctor immediately.

If you see or feel a change with your breasts, see your doctor immediately; bear this in mind, not all changes are cancers.



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若有任何疑問·請不吝與我們聯絡  
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