

# Self breast examination pdf

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Fingertip pads are the top parts of your fingers. breast self-exam (BSE) each month. Because of their expertise Breast cancer is one of the most common cancers among females worldwide. It has been reported that each year over million women worldwide are diagnosed Physicians perform a more thorough examination than a self-exam and can identify any changes in the breast tissue or the lymph nodes. Do your • Breast exams by a physician—this should be done at least every three years from age 20 and every year after age 30 It should be a part of your regular gynecological exam. Make sure you cover the entire breast area systematically. Any breast self-exam (BSE) each month. Knowing how your breasts normally look and feel, also called breast self-exam (BSE) each month. Use the finger pads of your three middle fingers to examine your breast by using one of the three patterns below. From the collarbone, rub down firmly with your hand to the nipple of one Breast cancer is one of the most common cancers among females worldwide. Hang this waterproof card in your shower as a reminder. HOW TO DO A BREAST SELF-EXAM IN THE SHOWER Put your left arm behind your head. Be sure to examine the underarm area and under the nipple as well Check for lumps, knots or thickenings. Global statistics show the annual incidence of breast cancer is increasing and this is occurring more rapidly in countries with a low incidence, rate of breast cancer. The purpose of a breast self-exam is to become familiar with the way your breasts normally look and feel. Hang this waterproof card in your shower as a reminder. IN THE SHOWER. Use the three middle fingers of your right hand to do your BSE. Use your fingertip pads to do the exam. Feel for lumps above and below the collarbone. Global statistics show the annual incidence of breast cancer is increasing and this is occurring A breast self-exam is an early detection tool that uses a combination of physical and visual examinations of the breasts to check for signs and symptoms of breast cancer. Make • Breast exams by a physician—this should be done at least every three years from age 20 and every year after age 30 It should be a part of your regular gynecological BREAST SELF-EXAMINATION. HOW TO DO A BREAST SELF-EXAM IN THE SHOWER Put your left left breast and the left hand to check the right breast Use the finger pads of your three middle fingers to examine your breast by using one of the three patterns below.

 Difficulté Moyen

 Durée 660 minute(s)

 Catégories Décoration, Énergie, Maison

 Coût 147 USD (\$)

# Sommaire

Étape 1 -  
Commentaires

Matériaux

Outils

Étape 1 -