

KNOW YOUR BREASTS ... PROTECT YOUR HEALTH.

Give yourself a hand in fighting breast cancer with regular self exams.

Monthly breast self exams are as easy as 1, 2, and 3!

1. FEEL: Know how your breast tissue usually feels so you notice changes.

- Tenderness level
- Firmness
- Tissue texture: Smooth or lumpy?
- Temperature—is any area hot or very warm to the touch?

2. TOUCH: Examine your breasts by hand monthly after the age of 20.

- Lying on your back, pillow beneath one shoulder, lift the pillow-side arm behind your head.
- With pads of your 3 middle fingers on your other hand, starting on the far side of the breast, rub the breast slowly in small circles, keeping fingers flat as they move.
- Apply enough pressure to feel the breast tissue thoroughly, both the shallow tissue under the skin, and deeper tissue closer to your breast bone.
- Keep your finger pads flat and in contact with the breast as you work in circles up and down, moving across the entire breast, as well as your underarm.

3. LOOK: Standing in front of a mirror, visually inspect your breasts.

- Hold your arms above your head, then extend arms out to your sides.
- Place hands on your hips, then bend slowly forward from the hips.
- Look for any changes, swelling, discoloration, dimpling, or puckering.



**ASIAN FUND FOR CANCER
RESEARCH LIMITED**
亞洲癌症研究基金會有限公司

CALL YOUR DOCTOR if you notice any changes.
And support AFRCR by sending your gift today to
fund research for breast cancer—and all other cancers!

For more information on cancer prevention, detection, treatment, and scientific research breakthroughs, visit www.AFRCR.org or call 1-800-321-CURE (2873)