

# FEEL THE BOOB LOVE: IT'S SELF CARE THAT COULD SAVE YOUR LIFE

Early detection can save lives, and checking regularly as part of your self-care routine will help you get to know your body and what's normal for you; making any unusual changes easier to spot.



## STEP 1

Stand in front of a mirror and take a good look at your breasts without touching them. Pay close attention to their shape, size, and how they look. Remember, no matter how they appear, they are unique and beautiful in their own way.

Some things to look out for are any unusual lumps, dents, or changes in the texture of your skin, discharge from your nipples or any changes in shape.

Repeat these steps with your hands on your hips and your arms raised up.

## STEP 2



Gently press each nipple between your fingers and check if there is any discharge. If you notice any fluid coming out when you do this, and you are not currently breastfeeding, it's a good idea to consult with a doctor.

## STEP 3



Place your left hand behind your head and your right hand on your left breast. Use the straight, joined fingers of your index, middle, and ring fingers to touch your breast. Make sure your touch is firm.

To get your breasts used to the pressure, start gently to assess the area beneath the skin, and gradually increase the pressure to reach the deeper layers near the ribs.

Move your fingers in small circles in a clockwise direction. Repeat the same steps with your right breast.



You can also do this after taking a bath. Some experts don't recommend to examine your breasts in the shower because you might miss certain symptoms, like unusual nipple discharge.

## STEP 4



Repeat the pattern from movement 3, this time in the lying position. Remember to touch the entire breast, including the armpits.

## WHEN?



Regularly, every month, between the 3rd and 10th day of your menstrual cycle.

If you're not menstruating or if you're pregnant, perform the examination regularly, for example, on the first day of each month.

Once a year, schedule your "U Day" and confirm the health of your breasts with a specialist by getting an ultrasound (USG)



## REMEMBER

By checking regularly, you're simply getting to know your body better. You become familiar with how your chest normally feels, making it easier to notice any unusual changes.

Not every change is a cause for concern, but whenever you feel something new, it's a good idea to consult with your local medical professional.

