



What tests can you do to diagnose Breast cancer Early?



Raah-e-Aseman Cancer Charity Foundation

Ways for checking up

HOW TO DO BRESAT SELF-
EXAMINATION?

Where to do a
self-check

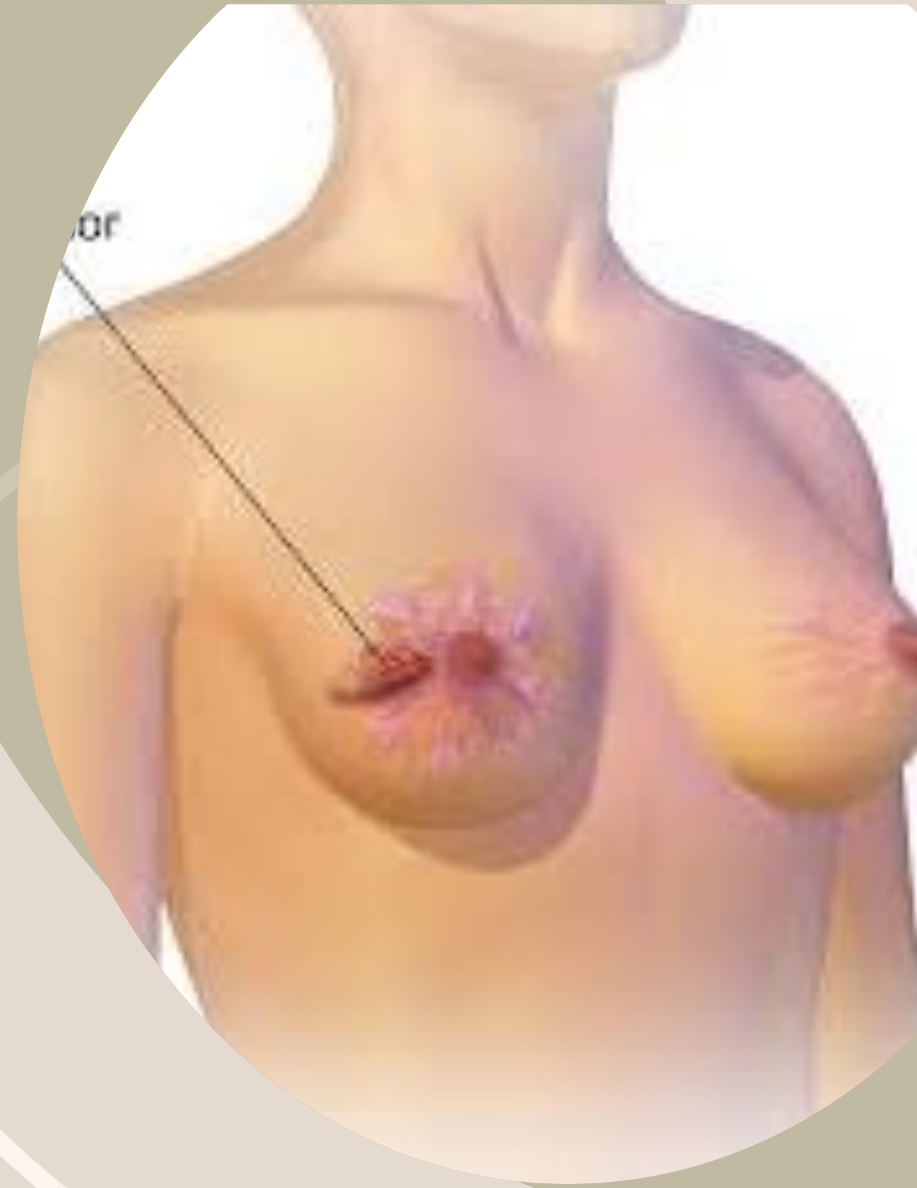
Time
to do a self-check

Changes to look for

What is the next step?

Mammography

Ways for checking up



Based on your Age, the following checks are recommended.

20-40Years old

41-49 Years old

50 years old and above

Breast Self –Examination



Once a Month

Mammogram Screening



-

Once a year

Once every two Years



HOW TO DO BRESAT SELF-EXAMINATION?

Doing Breast self-examination monthly helps you to be familiar with the condition of your breast.

Look

Touch

Check

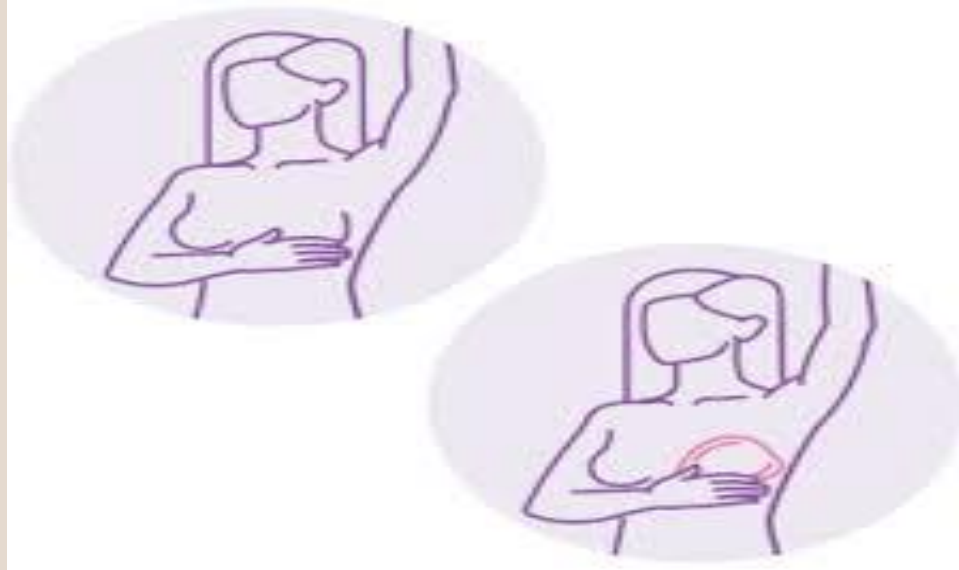
Step 1: Look

Put your hands on your hips and look for changes in breast shape, skin surface, and nipple abnormalities. Raise your arms above your head to look for changes (especially dimples) on the underside of your breast.



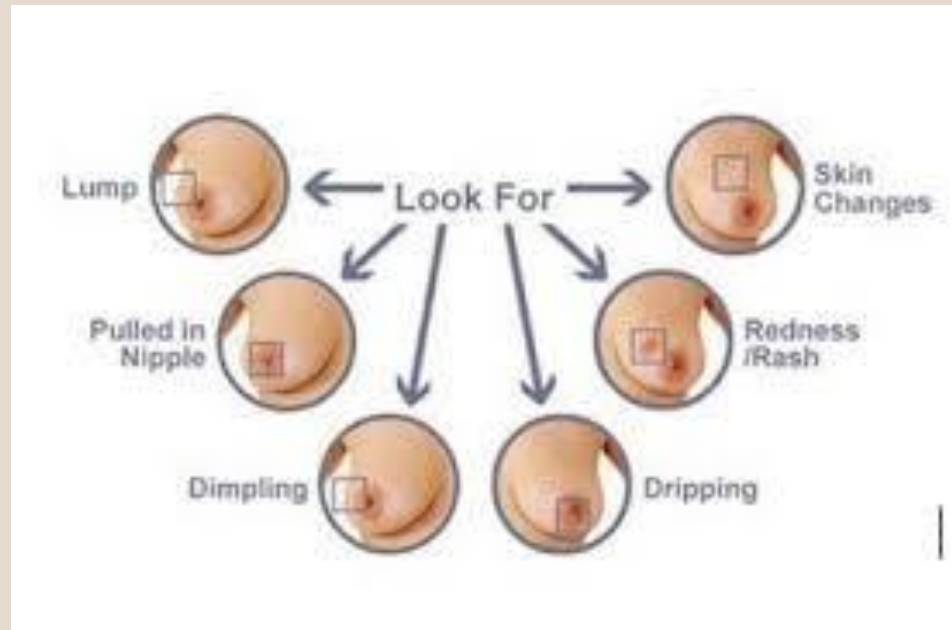
Step 2: Touch

1. Touch and feel your breast using your middle 3 fingers, moving in a circular motion from the outer area towards the nipple. Gently squeeze your nipple to check for any discharge.
2. Repeat this step for your other breast.



Step 3: Check

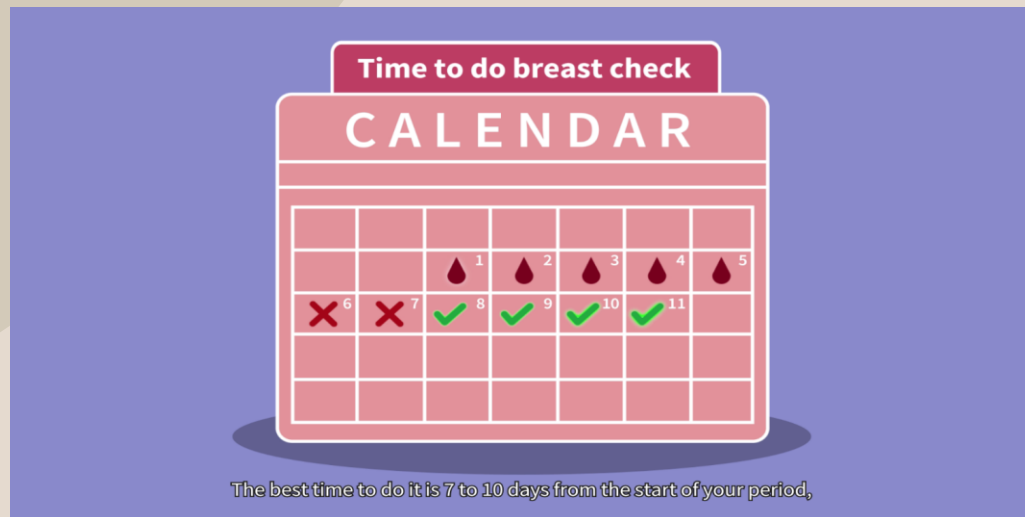
1. Check for shown signs by examining your entire breast from your armpit to your cleavage with different pressure. Repeat this step for your other breast.



Time to do a self-check

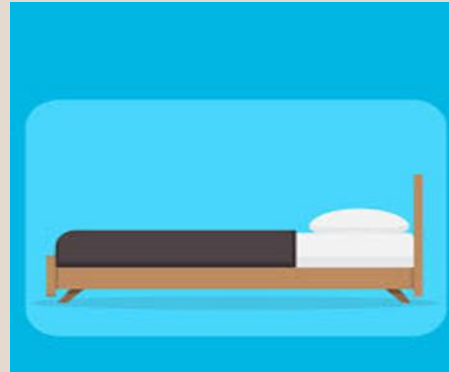
A breast self-examination should be done once every month. The best time to examine your breasts is 7 to 10 days after the start of your period when your breasts are least tender and least swollen.

If you no longer have periods, choose a date that is easy to remember.

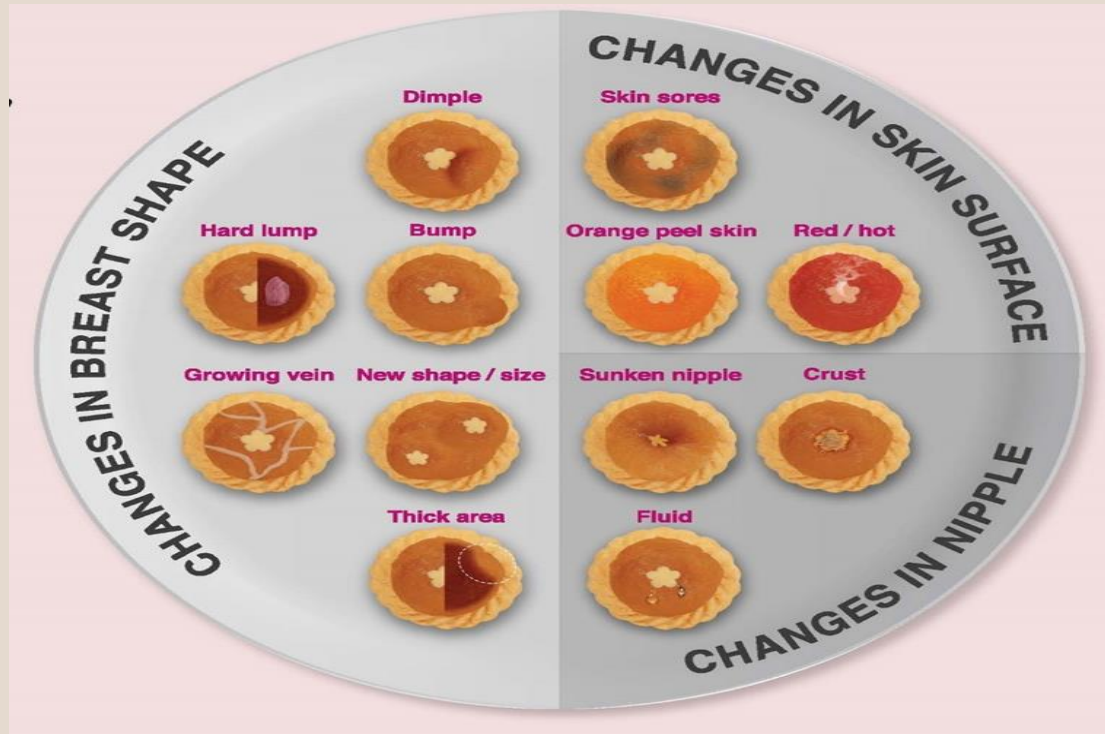


Where to do a self-check?

It is best done while lying down on the bed. You can also check while standing in the shower or in front of the mirror.



Changes to look for

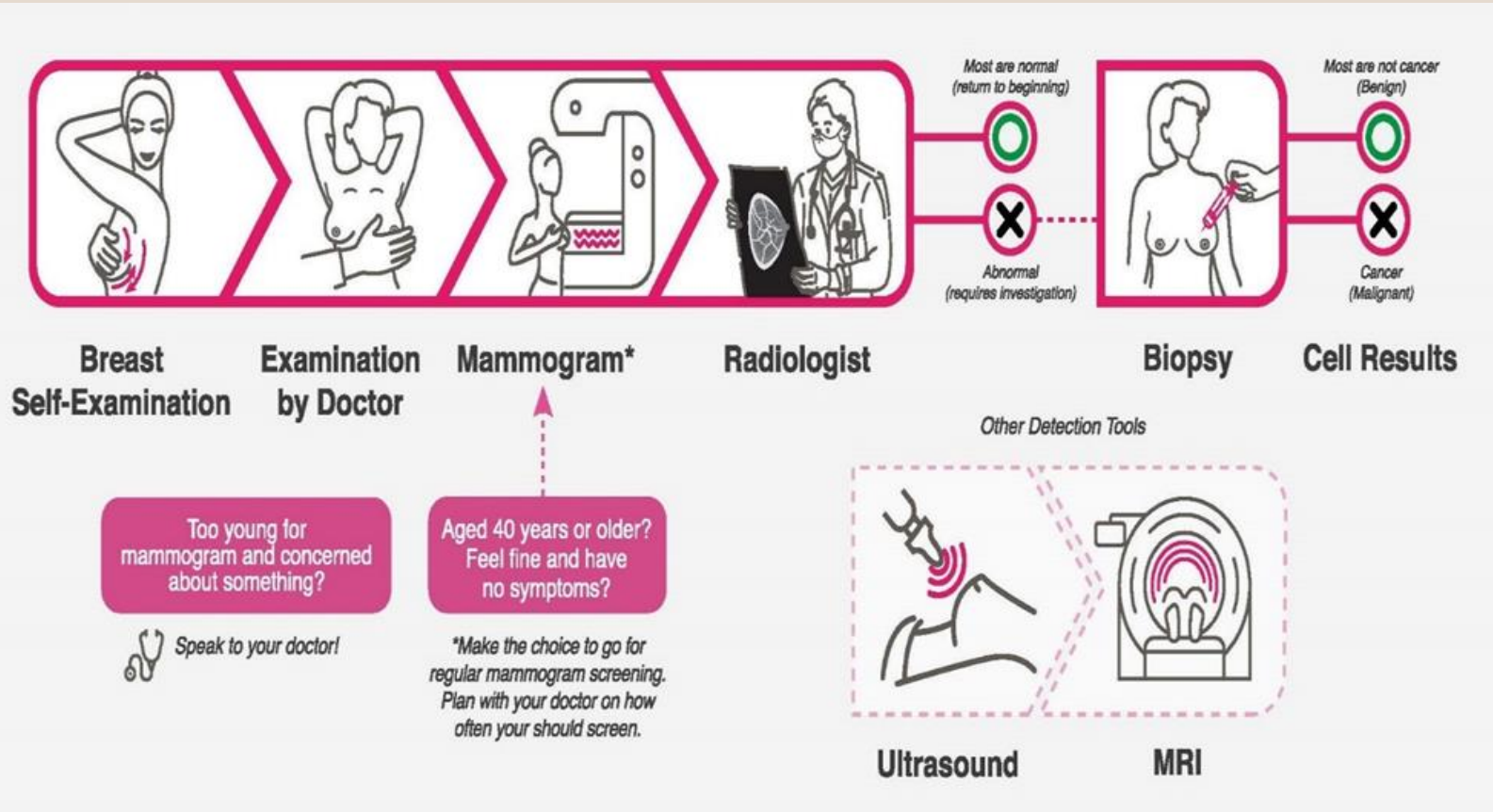


Doing a breast self-examination every month helps you to understand and be familiar with the condition of your breasts.

Consult your doctor should you detect any of the above changes.

Most lumps or changes in the breast are not cancerous. Nevertheless, it is important to have them checked as soon as possible as a precaution.

What is the next step?



Mammography

A mammogram is an X-ray of the breast. It can detect tiny abnormalities even before they can be felt, giving you the best chance for early diagnosis.

It is important to go for mammography even if you feel fine.

Go for regular mammogram screening to detect smaller breast lumps earlier

2cm
↔



Peanut

Breast Self-Examination

1.5cm
↔



Biscuit

One-Time Mammogram

1.1cm
↔



Pea

Regular Mammogram



Wishing you
Health

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