BREAST CANCER Self Check

STEP 1:
Look at your breast in a mirror, with straight shoulders and your arms on your hips. Look for any changes on the basic appearance of your breast.

STEP 2:
Repeat with your arms raised, squeezed each nipple between your finger and thumb and check for any nipple discharge.

STEP 3:
Lie down. Use a firm, smooth touch with the three middle fingers of your hand, keeping the fingers flat and together to feel your breast in a circular motion.

STEP 4:
Finally, feel your breast while you are standing or sitting. Follow the same procedure as in STEP 3.

Benign
- Slow growing,
- capsulated,
- Non-invasive
do not metastasize,
- well differentiated,
- suffix “oma”, eg. Fibroma.

Malignant:
- Fast growing,
- non capsulated,
- Invasive & Infiltrate
- Metastasize,
- poorly differentiated,
- Suffix “Carcinoma”, or “Sarcoma”