



GALWAYCLINIC

WHAT MATTERS IS YOU

3 STEP BREAST CHECK

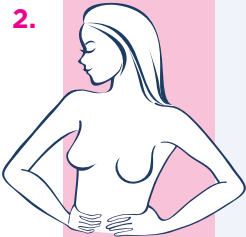
1.



Step 1 THE SHOWER CHECK

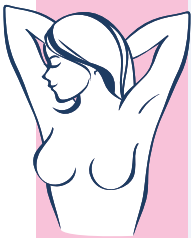
Put your left hand behind your head. With the sensitive pads on your right fingers, use small circular movements to examine your left breast for anything unusual. At first feel lightly, checking for anything near the surface. Then press quite firmly, feeling for anything deeper. Continue around the breast, checking all areas. Also examine above your breast, up to the collarbone and out to the armpit. Then do the same for the right side.

2.



Step 2 THE BATHROOM MIRROR

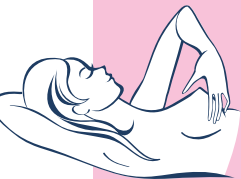
After showering, place your hands at your sides and check your breasts in the mirror. Look for anything that is not normal for your breasts - changes in color, size or shape, any dimpling of the skin or "pulling in" of the nipple. Put your hands on your hips and push your shoulders forward to flex your chest muscles. Finally, raise your hands above your head and check for any changes.



Step 3 CHECK LYING DOWN

Lie on your left side with your knees bent, roll your shoulders back so they are flat on the bed. Place your right arm under your head. Your breast should now be as flat as possible. Examine your right breast using the methods outlined in Step 1. Reverse procedure to check other breast.

3.



Important

It is important to check your breasts at the same time each month. You should check 2-3 days after your period ends if applicable. If you no longer have periods, choose a regular day each month for breast self-examination. If you notice any change in your breast, have them checked by your GP. Self examination of your breasts is NOT a substitute for regular examinations by your doctor and regular screening mammograms.

GALWAY CLINIC, DOUGHISKA, CO. GALWAY, IRELAND

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If detected early, breast cancer is extremely treatable. The aim of breast screening is to detect and treat small cancers before they become life-threatening. Here at the Galway Clinic, we have a dedicated team of medical professionals who are specialised in the detection and treatment of breast cancer.

CHANGES IN THE BREAST

It is important for women of all ages to know the look and feel of their breasts and to inform you General Practitioner (GP) of any changes.

CHANGES YOU SHOULD LOOK AND FEEL FOR:

- + Any lumps or thickening in your breast
- + Skin - dimpling, puckering or redness
- + Nipple - pulled in or flattened
- + Around the nipple - Rash, flaky or crusted skin
- + A change in the size or shape of your breast
- + Swelling in your armpit or around your collarbone
- + Constant pain in one area of your breast or armpit
- + Nipple discharge.

If you notice any of these changes please contact your GP.

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