3 EASY STEPS TO DO YOUR DIY BREAST SELF-CHECK*

Doing a DIY breast self-check (medically known as a “breast self-examination”) every month helps you to understand and be familiar with the condition of your breasts.

**Step 1: Look**
Put your hands on your hips and look out for changes in breasts 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**
Touch and feel your breast using your middle 3 fingers, moving in circular motion from outer area towards the nipple. Gently squeeze your nipple to check for any discharge. Repeat step for your other breast.

**Step 3: Check**
Check for lumps by examining your entire breast from your armpit to your cleavage with different pressure. Repeat step for your other breast.

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**WHAT CAN YOU DO TO DETECT BREAST CANCER EARLY?**

**Depending on your age, the following screenings are recommend**

<table>
<thead>
<tr>
<th>Age</th>
<th>Screening</th>
<th>Frequency</th>
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</thead>
<tbody>
<tr>
<td>20 - 39 years old</td>
<td>Mammogram</td>
<td>Once a year</td>
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<tr>
<td>40 - 49 years old</td>
<td>Breast Self-Examination (BSE)</td>
<td>Once every two years</td>
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<tr>
<td>50 years old &amp; above</td>
<td>Breast Self-Examination (BSE)</td>
<td>Once a month</td>
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</tbody>
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**WHEN SHOULD YOU DO YOUR DIY BREAST SELF-CHECK?**

- 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, then choose a date that is easy to remember.
- 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.

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**BREAK THE MYTHS**

- 9 out of 10 breast lumps are benign and not cancerous. But if you notice a lump, see your doctor right away.
HOW TO DETECT BREAST CANCER

Knowing these steps will help you to be more confident and take charge of your health.

START YOUR MAMMOGRAM SCREENING AT AGE 40+

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

The procedure is very safe. The amount of radiation you will be exposed to is very low.

You can expect some discomfort. The compression is similar to the feeling of getting your blood pressure taken. It will only take about 30 seconds on each side.

For less discomfort, schedule your mammogram 7 to 10 days after the start of your period.

You may consider taking one or two pain killers (e.g. Paracetamol) right before the procedure.

BOOK YOUR MAMMOGRAM TODAY!
Singapore Cancer Society Clinic @ Biashan
9 Biashan Place, Junction 8 Office Tower #06-05, Singapore 579837
1800-727-3333 6221 9575
www.singaporecancersociety.org.sg
sgcancersociety
communityhealth@sgcancersociety.org.sg

For Breast Cancer - Mammogram Screening
For Cervical Cancer - Pap Test - HPV Test
For Colorectal Cancer - Faecal Immunochromatographic Test (FIT)

Supporting you through your cancer journey
- Cancer Rehabilitation Services
- Supportive Care Programmes
- Welfare & Financial Assistance

Early Detection Saves Lives!
Come, come, let Aunty Sue teach you how to check for breast cancer, the No.1 cancer affecting women in Singapore³.