



## STEPS FOR SELF-EXAMINATION

- 1) First, take off your clothes from the breast part and stand in front of the mirror as in the figure in front, and examine the existence of any change in the breast shape or nipple or the skin.
- 2) Stand in front of the mirror with your shoulders straight and your arms on your hips as in the figure in front, see if there is any of the following changes:
  - Dimpling puckering or bulging of the skin.
  - A nipple that has changed position or an inverted nipple (pushed inward instead or sticking out).
  - Redness, soreness rash, or swelling.
- 3) Now, raise your arms on your head and look for the same changes that mentioned in step (2).
- 4) Next, examine the breast with the palm of your three toed finger as in the figure in front, push in a regular way and try to cover the whole breast especially the part which is behind the nipple.
  - Don't forget to examine the lower part of the armpit with your three toed finger because it is an essential part of breast self-examination.
  - Press the nipple and observe any nipple discharge particularly if mixed with blood.
- 5) Finally, feel your breast while lying down and repeat step (4), put a pillow under your left shoulder, using your right hand to feel your left breast as in the figure in front, so that the breast becomes flat and easy to examine for any lump and vice versa for examining the right breast.



King Abdulaziz University in Jeddah  
**Sheikh Mohammed Hussien Al-Amoudi Center  
 of Excellence in Breast Cancer**

**Tel:** 0096626952000 **Ext.** 21036

**Fax:** 0096626408397

**P.O. Box** 140295, Jeddah 21333



**Tel:** 0096626952000 **Ext.** 21036

**Fax:** 0096626408397

**P.O. Box** 140295, Jeddah 21333



**CANCER  
 BREAST**



Stuep foor

seif-exauiatuo

1) Fia r Suta, taukea ofu y o u r  
c o t u e a S f o o t u e a b a r e a S t u  
p a r t a a n d S t a a n d i n f r o o t o f  
t u e a m a r o r a a S i n t u e a f i g u r e a  
i n f r o o t a n d e x a u i a t u e a  
e x c l a S t u e a c e a o f a n y c h a n g e a  
i n t u e a b a r e a S t u S i a p e a o r  
i n p p l e a o r t u e a S k i a n

2) S t a a n d i n f r o o t o f t u e a  
m a r o r a w i t h y o u r S i o u d e a S  
S t r a i g a n d y o u a r a r S  
o n y o u r i n p S a S i n t u e a  
f i g u r e a i n f r o o t S e a i f  
t u e a r e a i n a n y o f t u e a  
f o o w i t h c h a n g e a S:  
► i n p l i a n g p u c k e a n g o r  
b u l g i a n g o f t u e a S k i a n

► i n p l i a n g t u e a n a S  
c h a n g e a n d p o S i t i o o r  
a n i n v e r t e a n d i n p p l e a  
(p u S i e a n d i n w a r d i n S t e a a d o r  
S t i c k i a n g o u t)  
► R e a d e a S S o r e a n e a S r a a S i n  
o r S w e l l i n g

3) N o w, r a a S e a y o u r a r S o n  
y o u r n a a a n d i o o k f o r  
t u e a S a m e a c h a n g e a S t u e a  
m e a t o n e a d i n S t e a p (2)

4) N e x t, e x a u i a t u e a b a r e a S t u  
w i t h t u e a p a r t o f y o u r  
t u e a t o e a d f i g u r e a a S i n  
t u e a f i g u r e a i n f r o o t p u S i n  
i n a n e a g u a r w a y a n d t u y  
t o c o v e a t u e a w i t h b a r e a S t u  
e a S p e a c i a l l y t u e a p a r t w i t h c h  
i n b e a n i a n d t u e a n i n p p l e a

► o o t f o r g e a t u o e x a u i a t u e a  
i o w e a p a r t o f t u e a a n p l i t w i t h  
y o u r t u e a t o e a d f i g u r e a b e a c a u S e a  
i t i n a e a S e a S t i a p a r t o f  
b a r e a S t u S e a l f e x a u i a t u o  
► R e a S t u e a n i n p l e a a n d  
o b S e r v e a n y i n p l e a d i S c r a r e a  
a r t i c u a r i y i f i n x e a d w i t h b o o d

5) F i n a l l y, f e a l y o u r b a r e a S t u  
w i t h i n g d o w a n d r e a e a t u  
S t e a p (4), p u t a p i n l o w u n d e r  
y o u r l e a f t S o u d e a, u S i n g  
y o u r r i g t n a n d t o f e a l  
y o u r l e a f t b a r e a S t u a S i n t u e a  
f i g u r e a i n f r o o t S o t u e a  
t u e a b a r e a S t u b e c o e a S f a t  
a n d e a S t u t o e x a u i a t u o f o r  
a n y i n a n d v i a c e a v e a r S a f o r  
e x a u i a n g t u e a r i g t b a r e a S t u

