

Monitor your habits for a healthy lifestyle!

Even for women with high risk, studies showed a healthy lifestyle can reduce the risk of developing breast cancer.

Make
the right decision
every day

- **Limit alcohol consumption** – A maximum of 1 glass per day
- **Avoid smoking**
- **Manage your weight** – being overweight or obese on top of a sedentary lifestyle can greatly increase the risk of breast cancer especially after menopause
- **Be active** – Moderate physical activity (2.5 hours a week) and regular daily activity such as walking upstairs, walking, gardening etc...
- **Ease tensions** – have a restorative sleep
- **Eat healthily** – eat as much organic food as possible, more fruit and vegetables, avoid processed food (refined sugars, white flour, processed food, non-organic oils)
- **Limit time and dose of post-menopause hormone therapy**
- **Avoid exposure to sun and environmental pollution**

Self-breast exam – Edition 2022
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3 essentials in Breast Cancer Prevention

- 1) Adopt a healthy way of life.
- 2) Do a monthly self-breast exam.
- 3) Have a mammogram: every other year as part of a screening program or as regularly prescribed by your doctor.



Coalition européenne
contre le cancer du sein

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self-breast exam

Simple but important actions!

A breast self-examination comprises simple actions which will allow you to get to know the texture of your breast, and to report any anomaly to your doctor.

The earlier a tumour is detected, the better the chances are of recovery and the less aggressive the treatments will be.

The breast self-exam is not a substitute for your regular (at least once a year) appointment with your gynecologist or doctor.

From the moment a young woman's breasts develop, she should do a monthly breast self-exam 2 to 3 days after her period when the texture of the breast is softer.

Take care of your breasts!

1) Visual inspection of your breasts: standing in front of a mirror

The first step in a self-examination is to spot any asymmetry or skin changes. Facing the mirror, look closely at your breasts in the following positions:

- **Arms by your side**
- **Hands on your hips**
- **Hands behind your head**

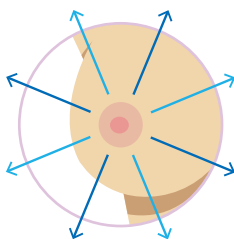
Feel your breasts!

2) Palpation

Examine each breast including the armpit, on both sides.

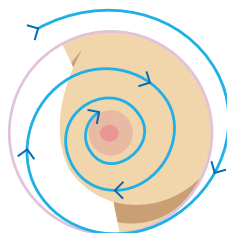
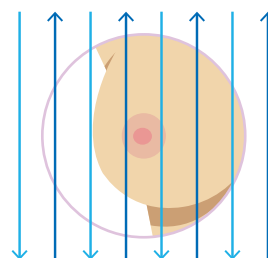
Breast cancer is found not only in the mammary gland but can also develop in the armpit or above the breast towards the collarbone.

Use the pads of your 3 fingers in the middle of your left hand for the right breast and vice versa. For each movement use 3 levels of pressure: superficial, medium and strong. 3 methods can be used: radial, vertical and circular.



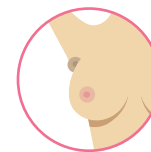
Radial Method – from the nipple to the exterior of the breast.

Vertical Method – from top to bottom, do not miss any zone.



Circular Method – starting at the top of the armpit, gently press your breast in a spiral movement, finish by examining your nipple.

What to watch out for



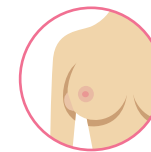
A lump or hardening in the armpit



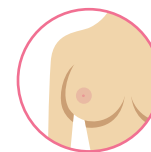
A lump or hardening in the breast



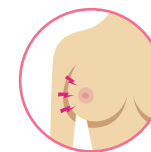
Dimples or lumps in the skin of the breast



Change of size or shape of the breast



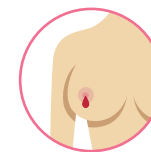
Retraction or inversion of the nipple



Pain or tension in the breast, which is different to the feeling you may get during your period



Any change in the skin (redness, itchy patches, "orange peel skin")



Inflammation of or discharge from the nipple