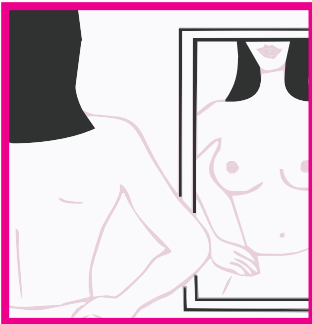


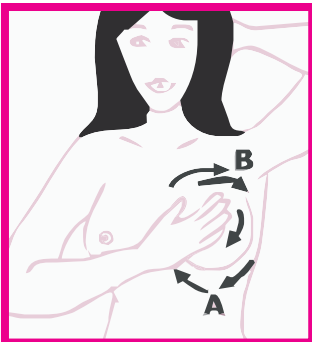
HOW TO DO A SELF EXAMINATION

Step 1



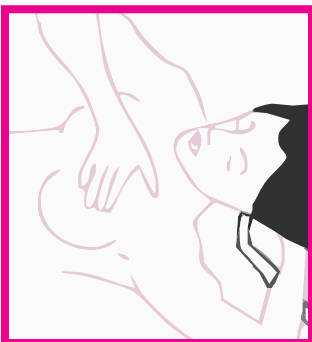
Stand in front of a mirror, look carefully for changes to any part of your breasts, like the shape, size or discharge.

Step 2



Place your arm behind your head, use your opposite hand and gently move your fingertips from point A to point B in circular movements. Feel for lumps, thickening or changes. Be thorough and also check the armpits. Repeat on the other side.

Step 3



The above can be done while lying down flat, with your arm behind your head.

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