

# Pink Drive

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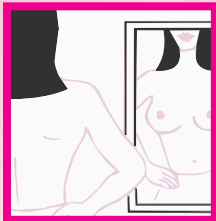


## Feel Them

## Breast Check Guide

### EARLY DETECTION WILL HELP PROLONG A LIFE

#### Step 1



#### English

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

#### Afrikaans

Staan voor spieël, kyk deeglik vir enige veranderinge aan u borste, soos vorm, grootte of afskeiding.

#### Sesotho sa Leboa

Ema ka pele ga seipone, lebedišiša diphetogo dife goba dife matsweleng a gago, bjalo ka sebopego, bogolo goba a ntšha seela.

#### IsiZulu

Yima phambi kwesibuko, ubhekisise kahle izinguquko kunoma iyiphi ingxanye yebele lakho, njengokuma kwalo okushitshile, ubukhulu noma ngabe yini ephuma kulo.

#### Xhosa

Yima phambili kwesibonisa kakuhle (Isipili). Ujonge ukuba akukh izinguquko na kwicala ngalinye lebele lakho. Njengo kuma kwalo inguquko, ubukhulu nokuba yintoni ephuma kulo.

#### Setswana

Ema fa pele ga seipone o lebelele diphetogo mo matseleng a gago, jaaka go gola ga matsele, le phetogo ya sebopego. O tlhokomele gore a matsela ga a tswa metsi.

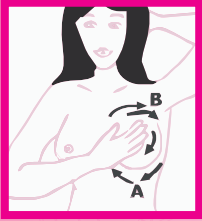
#### Venda

Vha ima Phanda ha tshivhoni, vha sedze zwavhudi tshanduko kha tshipida tshinwe na tshinwe tsha maḡamu, u fana tshivhumbeo, Vhuhulwane kana vhutuku (Nyimele) ya Maḡamu.

#### Xitsonga

Yina exivonini ulanguta hi vuxiyaxiyaloko ku ri na ku cinca ka xivumbeko. Sayiza. Kumbe swinwani leswi humaka eveleni.

## Step 2



### English

Place your arm behind your head, use the 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.

### Afrikaans

Plaas u arm agter u kop, gebruik die teenoorgestelde hand en beweeg die vingerpunte versigtig in sirkelbewegings vanaf punt A na B. Voel vir knoppe, verhardinge of veranderinge van vorm. Doen dieselfde aan die onderarm-area. Skakel oor en doen dieselfde aan die teenoorgestelde kant.

### Sesotho sa Leboa

Bea letsoga ka sekgošing, somiša letsogo le lengwe, gomme o sepidise dinhla tša menwana go tloga go lefelo A go ya go lefelo B. Phophola gokwa ge e bogo go na le dikaku, go ruruga goba diphetogo. Dira seo ka botlalo gomme o lekole le mahwafa. Feola letsogo o lekole ka lehlakoreng le lengwe.

### IsiZulu

Beka isandla ngemumva kwekhanda, ngesinge isandla uhambise iminwe yakho izungeze kusukela ngaphandle, kuye ngaphakathi kwebele kuze kufike engonweni. Uzwe ukuthi akukho isigaxa, ukuvuvuka noma izinguquko ezikhona. Hlolisisa kahle ubuye ubheke nasamakhwapeni. Guquka ubuye wenze okufanayo nasohlangothini olunye.

### Xhosa

Beka-isanda sakho ngemva kwentloko yakho, usebenzise esesibili isandla ukuva ngeminwe, ngobunono ukusuka kwelinye icala ukuya kwelinye icala. Ucindezela ibele uve ukuba akukho zigaqa na? Ukudumba okanye zinguquko na. Qinisekisa ujongise nasemakhwapeni. Guquka ubuye wenze ngokufanayo na kwelinye icala.

### Setswana

Baya letsogo mo morago ga tlhogo, mme le lengwe o tsamaise menwana mo godimo ga matsele. Tlhokomele fa go na le dikukuna diphetogo tsa bogolo ba matsele le go ruruga. Tsamaisa le fa tlase ga magwafa. Dira jalo mo matseleng le magwafa o mabedi.

### Venda

Isani tshanda murahu ha thoho, ni shumise tshanda tsha monde ni phuphuledze zwavhuḡi nga minwe ni tshitsa ni tshigonya nipfe gulugugḡa arali ḡo sekana kana huna dzinwe tshanduko. Nifhirele phanḡa ni sedze na magwakwani. Nidovhe hafhu na khalḡinwe ḡamu.

### Xitsonga

Vekela voko endzaku ka xikosi, tirhisa voko lernwana kuya eka thlelo lerinwana yingisela loko u twa Bundu, ku tiyela, kumbe kuhambana ringetela na khehele lokoku nga twali nchumu. Endla tano na le ka vele (thelo) leri nwana.

## Step 3



### English

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

### Afrikaans

Die bogenoemde kan ook gedoen word terwyl u plat op u rug lê, met u arm agter u kop.

### Sesotho sa Leboa

O ka dire se gape o robetše fase ka mokokotlo, o beile letsogo ka sekgošing.

### IsiZulu

Lokhu okungenhla kungenzeka ngokulala phansi, ubeke isandla sakho ngemuva ekhanda lakho.

### Xhosa

Oku kungasentla kungenzeka xa uthe walala phantsi, ubeke isandla sakho ngemva kwe ntloko yakho.

### Setswana

Se sediragala botlhofo fa o robetse fa fatshe o tlhamaletse mme letsogo la gago le le fa morago ga tlhogo.

### Venda

Vhanga ita hezwi habe vhotou ganama, vhoisa tshanda nga murahu ha thoho.

### Xitsonga

Leswi swi nga endla hiku etlela hi xikosi voko ra wena riri endzaku ka nhloko.

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