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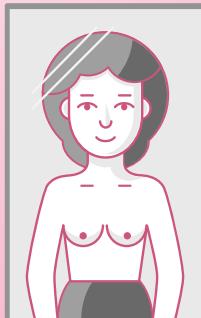
mobile breast check w

# FEEL THEM

## Breast Check Guide

**EARLY DETECTION WILL HELP PROLONG A LIFE**

## STEP 1



English

**Step 1** 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, lebediša diphetogo dife goba dife matsweleng a gago, bjalo ka sebopego, bogolo goba a ntsha seela.

Isizulu

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

Xhosa

Yima phambili kwesibonisa kakuhle (Isipili). Ujunge ukuba akukh  
zinguquku na kwicala ngalinye lebele lako. Njengo kuma kwalo  
inguquko, ubukhulu nokuba vintoni 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 qa a tswe metsi.

Venda

Vha ima Phanda ha tshivhoni, vha sedze zwavhudi tshanduko kha tshipida tshinwe na tshinwe tsha ma<sup>l</sup>amu, u fana tshivhumbeo, Vhuhulwane kana vhutuku (Nyimele) ya Madamu.

## STEP 2



English

Raise your left arm. With the flat part of the fingers of your right hand, carefully examine your left breast. In a circular pattern, starting from the outer top part of your breast, press firmly enough to feel the tissue beneath. Then move your fingers up and down from under the breast to the collarbone area, to and from the nipple, top and bottom, and then again from side to side. Check the area above the breast, especially the armpit area, for thickening, changes in size, lumps or hard knots. Repeat on your right breast with your left hand.

Afrikaans

Lig jou linkerarm op. Ondersoek jou linkerbors versigtig met die plat deel van die vingers van jou regterhand. In 'n sirkelvormige patroon, vanaf die buitenste boonste deel van jou bors, druk stewig genoeg om die weefsel daaronder te voel. Beweeg dan jou vingers op en af van onder die bors tot by die sleutelbeen, na en van die tepel, bo en onder, en dan weer van kant na kant. Ondersoek die area bokant die bors, veral die onderarm area, vir verhardings, verandering van vorm, knoppe of harde weefsel. Herhaal op jou regterbors met jou linkerhand.

**STEP 2****Sesotho sa Leboa**

Phahamisa letsoho la hao la leqelet. Ka karolo e bataletseng ya menwana ya letsoho la hao le letona, hlahloba letswele la hao le ka lehlakoreng la leqelet. Qala karolong e hodimo ka thoko ho letswele mme o tsamaise menwana ka ho e potapotisa, o penye ka ho lekaneng hore o utlwe dinama tse ka hare. Jwale ebe o tsamaisa menwana ya hao hodimo le tlase ho tloha ka tlase letswele ho leba lesapong le ka tlasa molala, ho ya le ho kgutla tlhokong ya letswele, o lebe hodimo le tlase, e be o boetse o hlahloba ho tloha lehlakoreng le leng ho ya ho le leng. Hlahloba karolo e ka hodimo ho letswele, haholoholo ka lehafing, bakeng sa ho thatafala ho itseng, ho fetoha ha boholo ba letswele, dikotolana kapa mafito. Etsa se tshwanang letsweleng le ka ho le letona or sebedisa letsoho la leqelet.

**IsiZulu**

Phakamisa isandla sakho sokunxele. Sebenzisa imino yakho yesandla sokudla, cophelela uziphilonge ibele lakho lesinxele, uxilonge sakulawundisa isandla ugale nkwingaphezulu lebele. Ucindezele kahle ukuze uzwe ingaphakathi lebele. Bese unyakazisa imino yakho uyehlise uyenyuse ngaphansi kwebele uphinde usuke ngakwi ngono uye phansi na phezulu nasemaceleni, ubheke lendawo ingaphezu kwebele. Kakhulukazi lana ngase khwapheni ubheke ukuqina nokushintsha, ne zigaqa eziqinile ebeleni. Phindaphinda futhi ebeleni lakwesokudla ngesandla sobunxele.

**Xhosa**

Phakamisa isandla sakho sase khohllo ngeminwe yesandla sakho sase kunene, ngobunweni xilonga ibele lakho lase khohllo ngoku hambisa Iminwe u tofoza nga phansi na phezulu kwebele, ukuya emaqxeleni nase zingonweni zebele.

U phinde futhi kwakhona kumacala omabiniwebele.xa userna ngoluhlobo cindezela iminwe yakhokwizihlunu ezithambileyo. I kakhulu ngamacala omabini wamakwapha. Jongisisa umehluko kwingongo zamabele zanga phezulu ukuba akuna maqhuma okanye izigaqa. Yenza kwanjalo nakwi sanda sakho sokunene.

**Setswana**

Tsholetsa letsogo la gago la molema. Ka karolo e e bophara ya menwana ya gago ya moja, sekaseka ka kelothhoko letsele la gago la molema. Dira jalo ka mokgwia wa go le dikologa, o simolola go tloga mo karolong ya bokwantle jo bo kwa godimo jwa letsele, tobetsa thata ka fa go tlhogegang gore o kgone go utlwa thishu ya letsele e kwa tlase. Go tswa foo tsamaisa menwana ya gago kwa godimo le kwa tlase go tloga ka fa tlase ga letsele go fitlha kwa karolong ya lerapo la thamo, go tswa koo go ya kwa tlhokong, kwa godimo, le kwa tlase, mme dira jalo gape go tswa kwa letlhakoreng go ya kwa letlhakoreng. Lekola karolo e e kwa godimo ga letsele, segolobogolo karolo e e kafa tlase ga legwafa, go tlhola go thatafala, go fetoga ga bogolo, kgeleswa, kgotsa mafuto a a thata. Boeletsa seno mo letseleng la moja ka letsogo la molema.

**Venda**

Kha vha takule khuda ya monde. Vhatshi vhavhedza nga tshanda tsha ula ngau togomela huhulu khavha tole damu lavho la kha monde. Vhatshi tendeledza uthoma nnda nyana nga ntha ha damu lavho, khavha putedze nga maanda uri vhaphfe dzinama dzire nga phasi . Zwino kha vha vhavhedze vhatshiya ntha na phasi vha tshi bva phasi handamu vhatshiyela gambakambani uya naubva thunguni ya damu uya ntha na phasi naubva thungo nauya thungo. Khavha sedze bulegeni ire ntha ha damu unana kha phwaphwa, udenyefhala, ushanduka ha muelo, magwadi na zwigwadi zwo gomalalahlo. Kha vha dovhe kha damu la kha tshanda tshaula vhatshi shumisa tshanda tsha monde.

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