

Every woman should be familiar with their breast and consult with their primary care physicians in the event of any changes or concerns. Early detection is key.

**STEPS FOR SELF-BREAST EXAMINATION**

1. Begin by looking at your breasts in the mirror with your shoulders straight and your arms around your hips.
2. Raise your arms and look for changes.
3. While in front of a mirror, gently squeeze the nipples between your finger and thumb and check for nipple discharge. (This could be a milky or yellow fluid or blood).
4. Feel your breast while lying down, using your right hand to feel your left breast and your left hand to feel your right breast
5. Many women find that it is easier to feel their breasts while the skin is wet and

slippery, so they like to do this step while in the shower, using the same techniques as in step four (cancer.org, 2016)

Breast health is every woman’s responsibility. Here are some tips on how to keep a healthy breast:

1. Maintain healthy body weight
2. Commit to regular exercise
3. Minimize or avoid alcohol
4. Quit smoking
5. Eat more vegetables (dark and leafy greens, broccoli, cabbage, etc.)
6. Target motherhood. Plan to have your first baby before the age of 30

Both breast cancer and fibrocystic breast disease are diagnosed with mammograms, ultrasounds, MRIs and sometimes biopsies.



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For more information on breast cancer and fibrocystic disease, please refer to these links:

[www.mayoclinic.org/diseases-conditions/fibrocystic-breasts/expert-answers/fibrocystic-breast-changes/faq-20058475](https://www.mayoclinic.org/diseases-conditions/fibrocystic-breasts/expert-answers/fibrocystic-breast-changes/faq-20058475)

<https://www.healthxchange.sg/women/breast-cancer/tips-to-keep-breasts-healthy>

<https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>