



Breast Health Matters

Perform Breast Self-Examination

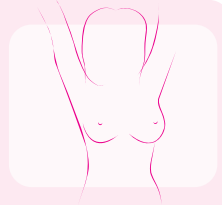
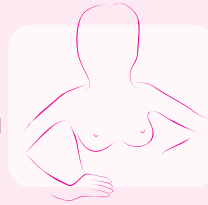
4 Steps to Good Breast Health

1. Monthly Breast Self-Examination (BSE)
2. Annual check by your doctor
3. Regular assessment by mammogram or ultrasonography as advised by your doctor
4. If there is a family history of breast cancer, consult your doctor for risk assessment

How to perform BSE?

1. Inspect

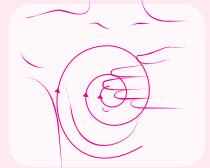
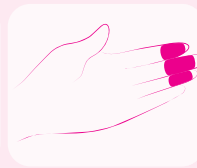
- Stand in front of a mirror with both hands on the hips and elbows forward. Inspect the breast contours
- Look for the following changes with both arms raised behind your head:
 - Any asymmetry of the breasts
 - Any puckering or dimpling of the skin
 - Any changes in nipples, an inverted nipple or difference in nipple level



2. Check

While lying down or during shower:

- Place or raise your right arm behind your head
- Feel the right breast with the middle three finger pads of your left hand
- Press firmly, and feel the breast, nipple and armpit in small circular motions
- Gently squeeze the right nipple for any bloody discharge
- Repeat the above 4 steps with your right hand to check the breast, nipple and armpit on the left



If you notice any change, consult a doctor immediately.



Women should do BSE:

- From age 20 onwards
- 7-10 days after first day of period (before menopause)
- On the same day every month (after menopause)

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