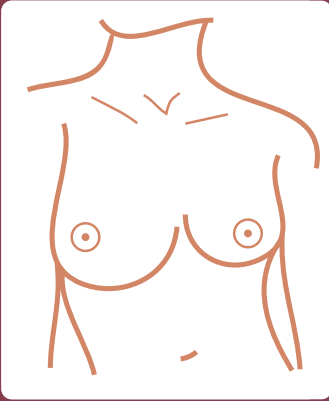
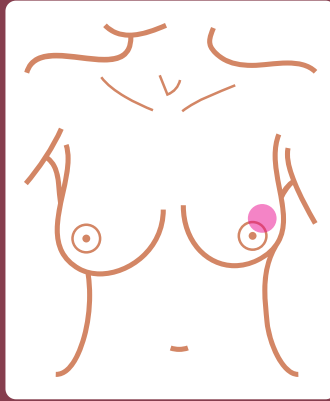


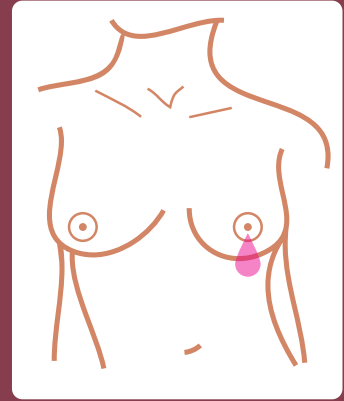
# Signs & Symptoms



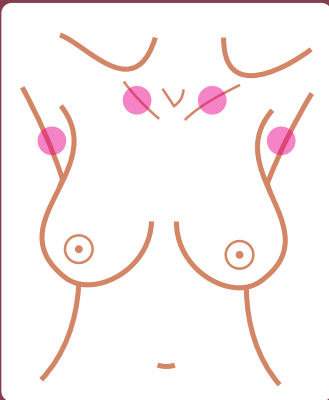
A change in shape or size.



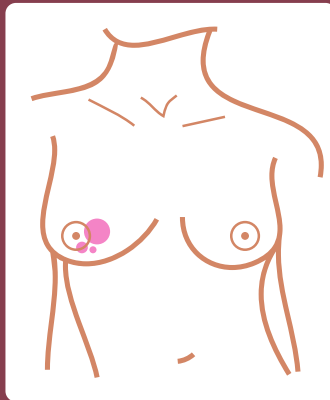
Redness or a rash on the skin and/ or around nipple.



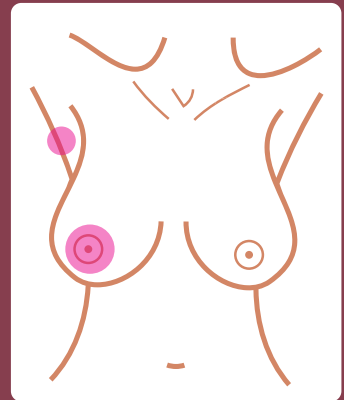
Discharge (liquid) from one or both of your nipples.



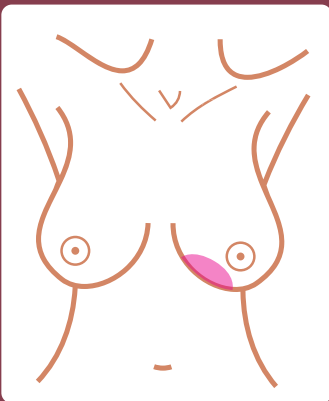
A swelling in your armpit or around your collarbone.



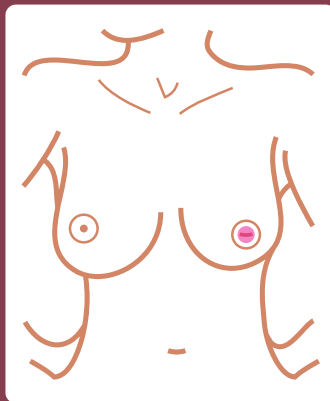
A change in skin texture (puckering or dimpling).



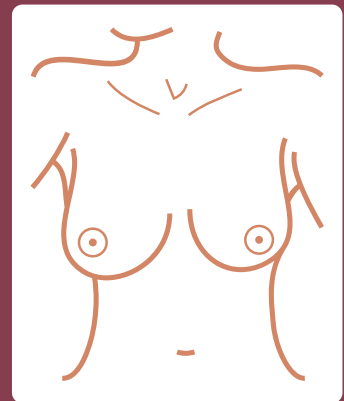
Constant pain in your breast or your armpit.



A lump or thickening different from the rest of the breast tissue.



If your nipple becomes inverted or changes its position or shape.



Any other changes in your breast, always check with your doctor.

Most breast changes are not due to breast cancer, however if any of these symptoms are experienced it is important that they are discussed with your doctor.

# How should a breast self-exam be performed?

Adult women of all ages are encouraged to perform breast self-exams at least once a month.



## In the shower

Put your left hand behind your head and using the pads of your right fingers, move around your entire breast in a circular pattern moving from the outside to the centre, checking the entire breast and armpit area for anything unusual. Then do this for your right side.



## In front of a mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match - few women's breasts do, so look for any changes, particularly on one side.



## Lying down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

Self-examination is not a substitute for regular mammogram screenings. If you are over 40, please arrange to have a mammogram with BreastScreen Aotearoa every two years by calling 0800 270 200.



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