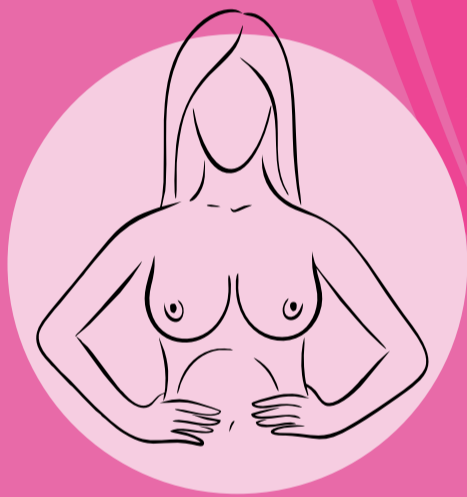




Breast
Awareness
Month

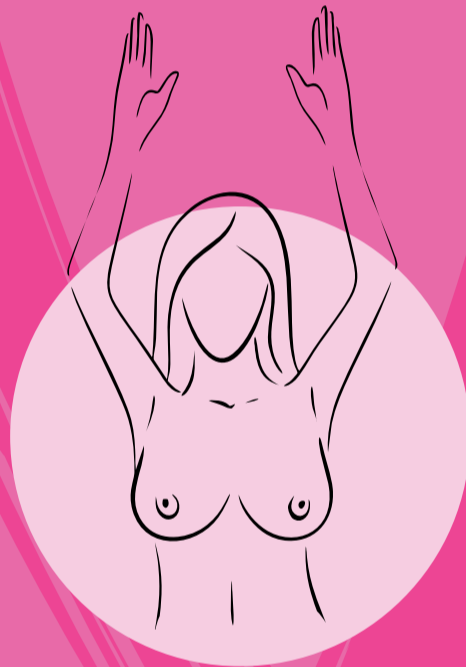
How to self-examine your breasts

IT'S IMPORTANT TO SELF-CHECK **1 2 3 4**



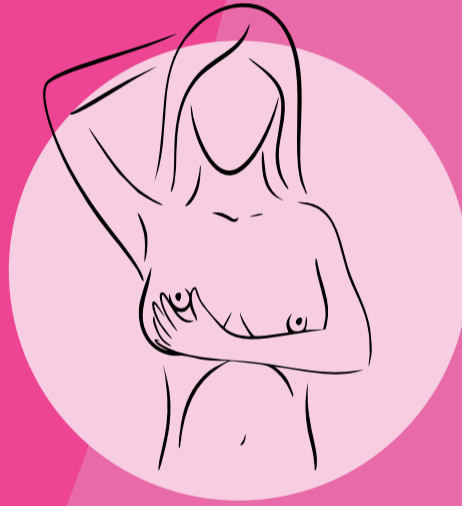
1

Look at your breasts in front of a mirror with your shoulders straight and your arms on your hips.



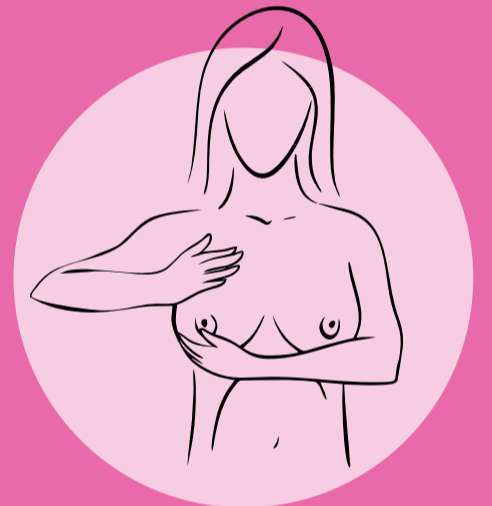
2

Raise your arms and look out for any changes in size and symmetry of the breasts and any changes to the skin.



3

Look for signs of discharge coming out of one or both nipples. This could be a watery/milky/yellowy discharge or blood.



4

Feel around each breast in a circular motion all the way up to your collarbone and under each armpit.

You Matter!

Always accept your breast screening invitation and attend for the appointment.



GOVERNMENT OF MALTA
MINISTRY FOR HEALTH
AND ACTIVE AGEING



Health Promotion & Disease
Prevention Directorate