## **Steps of Breast Self-Examination (BSE)**

## **Five steps of BSE**

Step 1: Begin by looking at your breasts in the mirror with shoulders straight and arms on hips.

What to look for:

- Any change from the usual size, shape, and colour.
- Any visible distortion or swelling of the breast.

If any of the following changes are seen, bring them to your doctor's attention:

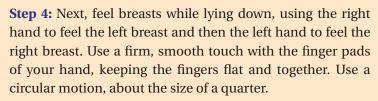
- Dimpling, puckering, or bulging of the skin.
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out).
- Redness, soreness, rash, or swelling.

**Step 2:** Same changes to be looked for with arms raised.

Step 3: Also look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).







Cover the entire breast from top to bottom, side to side from your collarbone to the top of the abdomen, and from the armpit to your cleavage.

- Follow a pattern to be sure that the whole breast is covered.
- Begin at the nipple, moving in larger and larger circles until the outer edge of the breast is reached.

