

- Ensure that all the tissue from the front to the back of the breasts is examined. For the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back.
- When the deep tissue is reached, the individual should be able to feel down to the ribcage.

**Step 5:** Finally, the breasts should be examined while standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so this can be done while taking a bath, using the same hand movements described in Step 4.



SOURCE: [http://www.breastcancer.org/symptoms/testing/types/self\\_exam/bse\\_steps](http://www.breastcancer.org/symptoms/testing/types/self_exam/bse_steps)

## Role of ASHA in cervical and breast cancer

ASHA plays a key role in the early detection and reducing the burden of cervical and breast cancer.

- Motivating females of 30 years and above for screening.
- Creating awareness in the community regarding risk behaviours so that women volunteer for screening of cancers, including going to the PHC (for cervical cancer).
- If any symptoms appear, refer the patient immediately to the nearest facility where a Medical Officer is available.

