

# TITILLATING TIPS

## KEEPING YOU INFORMED

In honour of Breast Cancer Awareness month, we are sharing our Titillating Tuesday calendar with 12 tips on how to examine your breasts. Print it out and stick it on your bathroom door as a monthly reminder.



1

Get into the habit of doing a breast self-examination once a month to familiarise yourself with how your breasts normally look and feel. Don't forget to do your breast self-exam today!

2

Examine your breasts several days after your period ends, when your breasts are least likely to be swollen and tender.

3

If you don't get your periods anymore, choose a day to examine your breasts that's easy to remember. Such as the first day of the month. Or just use Titillating Tuesdays as a friendly reminder!

4

Bath time is the perfect time for a breast examination. Use a small amount of soap and water to ensure your hands and fingers glide easily over your breasts.

Start a journal where you record the monthly findings of your breast self-exam. Create a map of your breasts accompanied with notes about where you feel lumps or irregularities. Especially in the beginning, this may help you remember from month to month what is "normal" for your breasts.

6

Have a good look at your breasts in the mirror with your shoulders straight and your arms on your hips - check the following: Are your breasts their usual size and shape and colour, is there any distortion, swelling, dimpling or puckering?

Stand in front of the mirror with your shoulders straight and your hands on your hips. Have a good look at your nipples. Have they changed position? Has one or both of your nipples become inverted? In other words, are they pushed inward instead of sticking out? If you notice a difference, get in touch with your doctor.

8

Have a good look at your breasts in the mirror with your arms raised. Look for any shape, size and colour changes. Check for any distortion, swelling, dimpling or puckering.

9

When you perform a breast self-examination, squeeze your nipple gently. Is there any discharge? If yes, report this to your doctor.

It's best to examine your breasts while lying down. Use your right hand to feel your left breast and your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Proceed with circular motions about the size of a two Rand coin.

11

Your breast examination must cover the entire breast: from top to bottom, side to side, from your collarbone to the top of your abdomen, and from your armpit to your cleavage.

Breastfeeding is good for your child AND for you. Choosing to breast feed and keeping it up for as long as possible, lowers the chances of getting breast cancer.

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