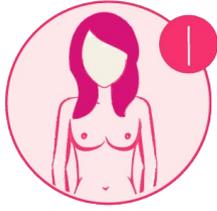
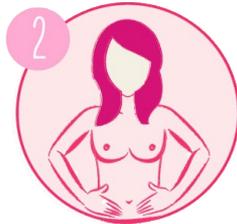


## Instruction on Self-examination of the breast



**Stand in front of a mirror** and look at your breast. Do you notice something? Is there a hole or a part sinking in? Does liquid come out of your nipple? If yes, which colour and consists? If it is clear and transparent it is ok - if it has another colour like yellow/green, better go to the gyno. Please take care, don't squeeze the nipple!

**Lean forward.**  
Do you observe changes?  
Are there holes?  
Are there rednesses?



**Self-examination lying**  
Lie down on your bed or on a mattress on the floor. Put cream on your chest, Put a pillow beneath your back. Place one arm under your head so that your breast is above your chest. They shouldn't fall to the side.

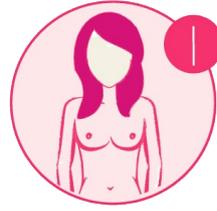
**Now you start with your free arm.**  
Eg the right hand is touching the left breast. You are touching with the three fingers in the middle by moving them in small circles. Make small pressure but not too hard.



**Touch your breast in lines.**  
Start in the middle of the armpit/axilla move until the lower part of the breast. Then move up again. One side might take 5/7 min.

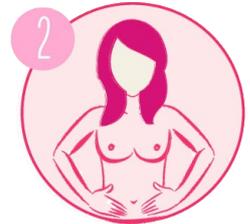
**What did you feel?**  
Did you feel something like a chain or lentils? These are glands.  
  
If you are older, your chest gets softer.  
Do you feel a difference between the two sides?  
Does your breast have different sizes? This is normal.

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## Instruction on Self-examination of the breast

### What is self-examination of the breast?

You check your breast.  
Maybe you know it already from a gynecologist.  
Now you learn to do it on your own.  
You are examining your breast once a month.  
A particular technic will help you.  
While doing it you observe what you are feeling.  
It's not about judging.

### Why should we do it?

By this you learn more about yourself and your body.  
Sometimes you recognize changes.  
Some changes are normal. During your whole life and also during your cycle your breast is changing.  
Sometimes there are knots. These might be cysts and they are harmless.  
Some changes could be a disease, for example breast cancer.  
But pain could also be caused by stress, nutrition or your cycle.  
In general, if you are afraid of something or you detect something what you don't know what it is, go to your gynecologist.

### When?

In the best case you do the examination between the 7th to 12th day of your cycle - this means in the week after your period.  
By then the breast is less sensitive.  
If you are in/after your menopause, then you can do it once a month no matter when.

### Who?

Every woman\* with a breast can do that, starting from puberty on.  
Also pregnant and breast-feeding women can do it.

### More info

Feministisches Frauen Gesundheits Zentrum e.V. Berlin  
Bamberger Str. 51  
10777 Berlin  
Tel.: 030 213 95 97  
<https://www.ffgz.de/>

Also you can go to any of the Frauen- und Familienzentrum in Brandenburg

**Aktion**  
MENSCH

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[www.women-in-exile.net](http://www.women-in-exile.net)



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