

# TIMING OF EXAMINATION

## Breast Self Examination

From aged 20:  
Every month

## Clinical Examination

From aged 20 to 40:  
Every 3 years  
From aged 40:  
Every year

## Breast Imaging

From aged 40:  
Every 1 to 2 years

Examination should be more frequent with family history of breast cancer

**Healthy Life Style is Life**



# BREAST CLINICS



Medical Research Institute  
Alexandria University  
Mammogram and Ultrasound  
Alexandria Main University Hospital  
Mammogram and Ultrasound  
Alexandria Regional Center  
Mammogram and Ultrasound  
Family Health Centers  
Clinical examination

Health Governance Unit  
Medical Research Institute  
Alexandria University  
71 Victor Emanuel Street, Smouha  
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# BREAST SELF EXAMINATION



Breast self examination is a practical and easy way for the early diagnosis of breast cancer.

Early detection makes cure easier.

This leaflet explains the steps of breast self examination.



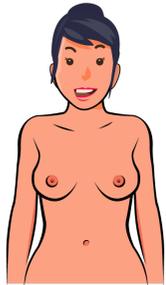


# BREAST SELF EXAMINATION

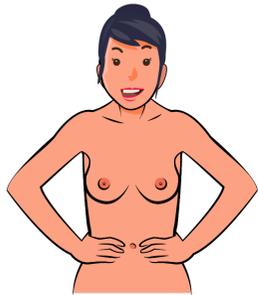


## By Looking

Stand before a mirror and look at both breasts and nipples.



**Once with both arms beside your body**



**Once with both hands on your hips**



**Once with both arms raised and arms behind your head**

## By Touching

Raise your left arm. Use the pads of your 3 or 4 fingers of the right hand to examine your left breast. Repeat on the right side.



**Once in lines up and down your breast from outside to inside**



**Once in circles around the breast making smaller circles towards the nipples**



**Once in wedges starting from outside towards nipples and back again**

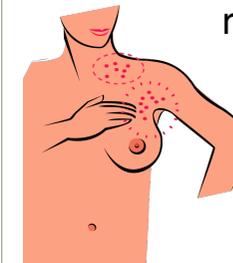
## While Lying Down

Lie on your back, left arm over your head and a pillow under your left shoulder. Examine your left breast with your right hand as described before. Repeat for the right side. This position flattens the breast and makes it easier to examine.



## Lymph Nodes

Place your left hand on your waist. With your right hand try to find enlarged lymph nodes in the left underarm area and around your left collar bone. Repeat on the right side.



**An enlarged lymph node feels like a corn kernel or a bean**