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### CONTACT

The Alexander Monro Hospital is located on the Berg en Bosch grounds in Bilthoven. We're available 24 hours per day, 7 days per week.

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# KNOW YOUR BREASTS

## WHY IS IT IMPORTANT TO KNOW YOUR BREASTS?

Sometimes, you notice a change in your breasts or you may feel a bulge or a lump. This doesn't mean that you should immediately be concerned. However, it's important to stay alert and notice any changes in your breasts over time.

## HOW DO YOU GET TO KNOW YOUR BREASTS?

It's vital that you regularly examine your breasts. Many warning signs you can see rather than feel. For instance, glandular tissue causes breasts to feel bumpy under the skin, while this is usually normal. That's why feeling your breasts alone is not reliable; it's also important for you to look at them. Naturally, you can touch and feel your breasts; that's how you familiarise yourself with them. But make sure that you know how your breasts typically look.



## WHEN SHOULD YOU GO TO A GP?

The checks that you perform on your breasts are not always reliable. That's why it is a good idea to see your GP:

- if you have suspicions;
- with a change or if any warning signs are detected;
- if breast cancer is prevalent in your family.



## VISUAL EXAMINATION

Stand in front of a mirror, and then let your arms hang relaxed alongside your body. Take the time to look at your breasts carefully to determine whether you notice any changes.

## POTENTIAL SIGNS OF BREAST CANCER



## FEELING IS ALLOWED

Place your right arm behind your head, then place your left hand on your right breast. Next, do the reverse. Make sure that the pectoral muscle is relaxed.



## EXAMINE YOUR BREASTS

Examine your breasts using four closed and stretched fingers, making small circular movements from the edge of your chest towards the nipple. In your mind, divide your breasts into four sections. Start from the upper right, then move to bottom right, bottom left and finish with the top left.



## NIPPLE CHECK

Check your nipple and the area around it (while standing or lying down). Pull your nipple forward slowly; it should proceed smoothly and supply.