

**Keep Yourself**

**Healthy**

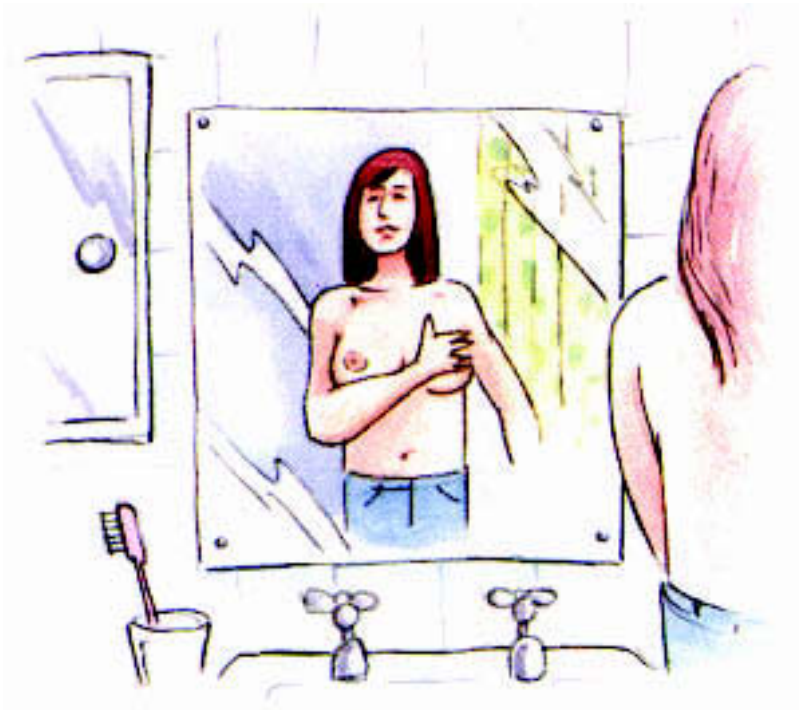


***a guide to examining your breasts***



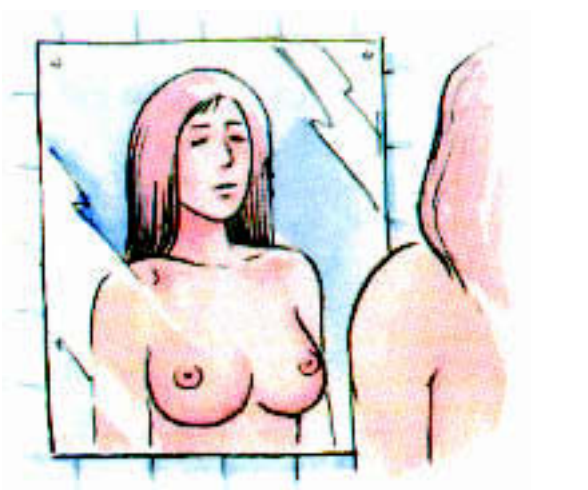
# **This booklet will tell you how to check your breasts regularly for early signs of cancer.**

**This is important for all women, because if you develop breast cancer and it is found early enough there is a GOOD CHANCE that it can be treated.**



**You will also be given some tips on staying healthy, which can help prevent breast cancer.**

**Get used to the way your breasts look normally.**



**Look at yourself with your arms down at your sides.**

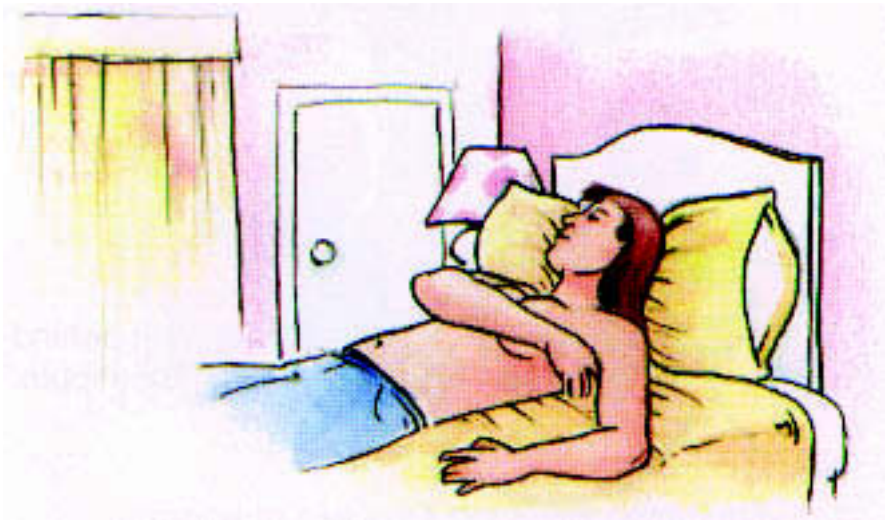


**Then with your arms up in the air.**

**Check your breasts regularly,  
in places where you can be  
private. . .**



**. . .like the shower. . .**



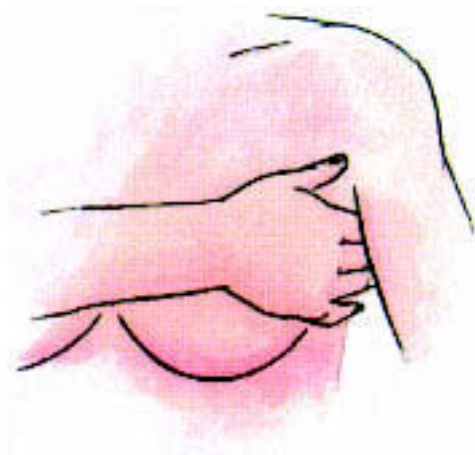
**. . .or the bedroom.**

# How to check your breasts for anything unusual.



**Feel around the breast in a circular motion.**

**Then, feel under your arm.**



**Finally, feel behind the nipple.**

# What to do if you find something new.



If you are checking yourself and you find something that wasn't there before. . .



. . .arrange to see your doctor or community nurse.  
They will know what to do.

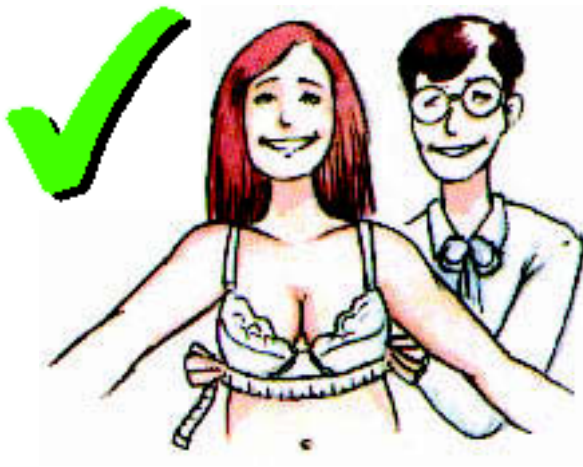
**Here's a tip to help you feel comfortable and look good.  
Wear a bra that fits!**



**Not too big.**



**Not too small.**



**Just right!**



# How to keep yourself healthy.



**Don't smoke.**



**Don't drink too much alcohol.**



**Don't eat too much.**

# How to keep yourself healthy.



**Eat healthy food, like fresh vegetables.**



**Take regular exercise, like swimming and walking.**





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