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

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.

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BREAST SELF EXAMINATION

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

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.

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.

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 is easier to examine.

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