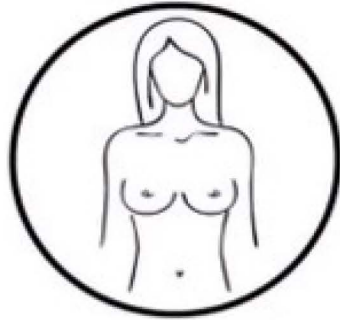
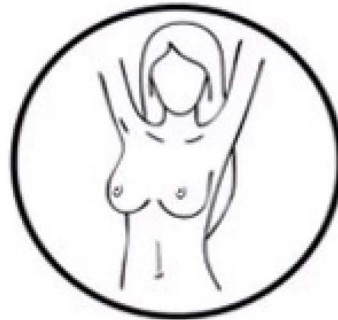


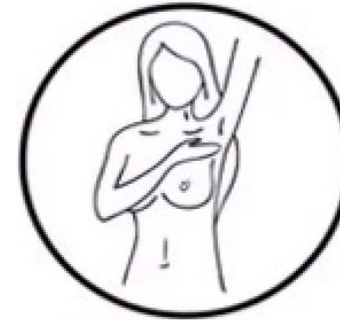
SELF-EXAMINATION



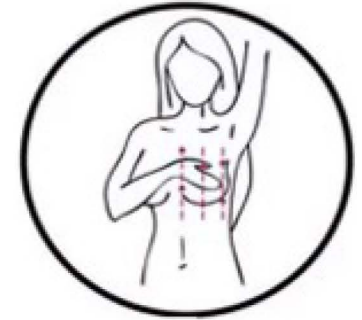
In front
of the mirror



In front
of the mirror,
arms up



Underarm area



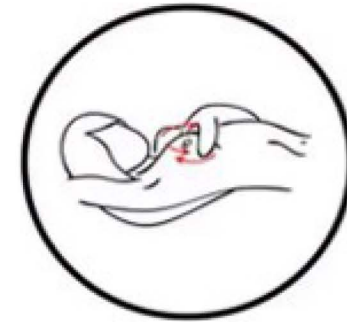
Up and down



Circles and
wedges



Squeeze
the nipple



Same thing
in bed

Credits: ©Adobe Stock

Dr. Myriam Delomenie
French breast cancer institute

 American Hospital of Paris

Consult a doctor if you notice any irregularities:
a lump or lymph node, pain, redness or swelling, an orange peel appearance,
deformity, nipple discharge, etc.