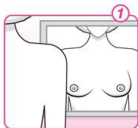


## HOW TO DO A BREAST SELF EXAMINATION



Stand in front of a mirror and look carefully for any changes in your breast. For example, inverted nipple, dimpling of the skin or a rash, unusual difference in the shape or size of one breast, discharge from the nipple.



To check each breast, stand with one hand behind your head using the flat part of your fingertips, gently examine your breast in a circular movement. Start at the top of your breast and in a circular motion move right around feeling any change, lump or thickening. Remember to check your armpits too



Lie down and put one arm behind your head. With your other hand, check the opposite breast using both firm and gentle movements, again looking for any unusual symptoms or changes. Repeat on the opposite side.

A breast self-examination will take only 10 minutes of your time once a month and it could save your life.



# Reach for Recovery

Breast Cancer Support Group

043 723 NPO PBO 930011568

**Reach for Recovery** is a group of women who have undergone surgery as a result of breast cancer and who have received thorough training to visit patients in hospital or at home.

They are all volunteers and assist patients by providing:

- Practical and emotional help
- A temporary prosthesis
- Support groups for patients
- Information about exercise and treatments
- Advice on bras and swimwear

We are a non-profit making organisation and we raise our own funds. We rely on donations to meet the costs of our administration and literature. All our services are free of charge. For further information or to make a donation contact your nearest group.

### PROVINCE

### CONTACT NO.

|   |              |
|---|--------------|
| <i>National Coordinator / Gauteng South</i> | 083 897 0221 |
| <i>Eastern Cape</i>                         | 079 347 9591 |
| <i>Free State / Northern Cape</i>           | 083 677 3500 |
| <i>Gauteng North</i>                        | 012 998 7933 |
| <i>KwaZulu-Natal</i>                        | 072 248 0008 |
| <i>Western Cape</i>                         | 083 336 8695 |
| <i>National Fundraising / Marketing</i>     | 082 265 4271 |

 **TOP CARPETS AND FLOORS**  
The Professionals



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## Reach for Recovery

Breast Cancer Support Group

## WHAT YOU SHOULD KNOW ABOUT BREAST CANCER

40 Years in South Africa

[www.reach4recovery.org.za](http://www.reach4recovery.org.za)