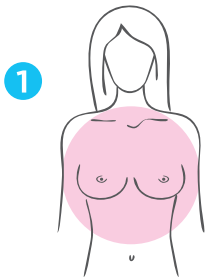


Breast Cancer Awareness Month

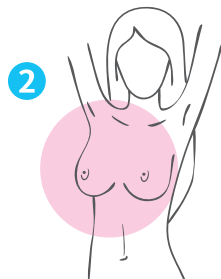
OCTOBER

Breast self-exam can save your life

5 steps. 5 minutes. Once a month. The earlier cancer is detected, the greater the chances of recovery. Carry out a self-exam and make an appointment with your doctor for a yearly examination of your breasts and armpits. Most countries recommend a mammography screening every 2 years for women from the age of 50. Make an appointment with your gynaecologist now!



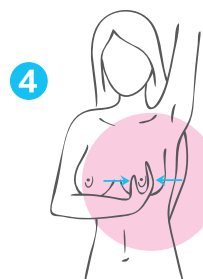
1 Stand in front of a mirror: let your arms hang loosely by your sides. Can you see any changes in the shape or size of your breasts? Are there any changes to your skin or nipples?



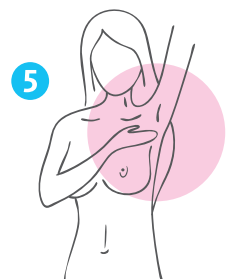
2 Stand in front of a mirror: stretch your arms above your head and carry out a check. Can you see any changes? Stand sideways to the mirror and repeat the check.



3 Feel your breasts with all of your fingers and the flat of your hand. Proceed clockwise and check whether you can feel any lumps, swelling, thickening or bumpy areas as well as sensitive spots. Use your right hand to check your left breast and your left hand for your right breast.



4 Squeeze your nipple. Is there any fluid discharged? If so, what is its colour and consistency?



5 Feel your armpits with all of your fingers and the flat of your hand. Can you feel any changes or lumps, swelling, thickening or bumpy areas? Repeat all of these steps whilst lying down.



Learn more at
www.sysmex-europe.com/breast-cancer