



KNOW YOUR BREASTS

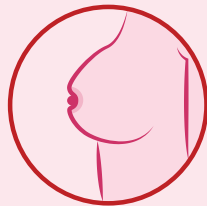
DC DR DEBORAH CHEUNG
BREAST CARE CLINIC



SPECIALIST BREAST SURGEON, MBBS FRACS

BREAST HEALTH CHECKS ~ CANCER ~ RECONSTRUCTIVE ~ COSMETIC BREAST SURGERY

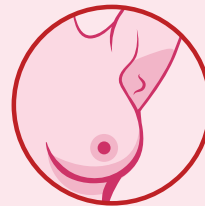
Symptoms of breast cancer



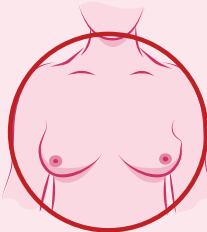
nipple turning inward



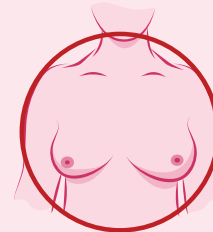
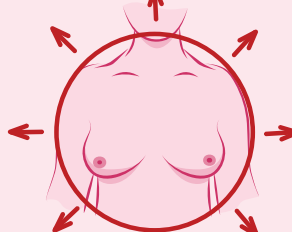
nipple discharge



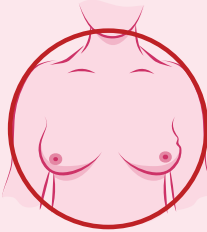
lump in the underarm area



swelling of part of the breast



swelling of all the breast



skin dimpling



breast or nipple pain



skin irritation

Almost 40% of breast cancers are diagnosed by women who feel a lump themselves, so be vigilant with monthly checks, ideally a few days after a period for pre-menopausal women, and any time for menopausal women.

Turn over to find out how to do a self-breast examination.

DR DEBORAH CHEUNG IS A SYDNEY SPECIALIST BREAST SURGEON WITH EXTENSIVE EXPERIENCE IN BREAST CANCER AND COSMETIC BREAST/RECONSTRUCTIVE SURGERY.

BREAST HEALTH CHECKS, BREAST CANCER, RECONSTRUCTION, BREAST REDUCTION, COSMETIC BREAST SURGERY, IMPLANT ASSESSMENT

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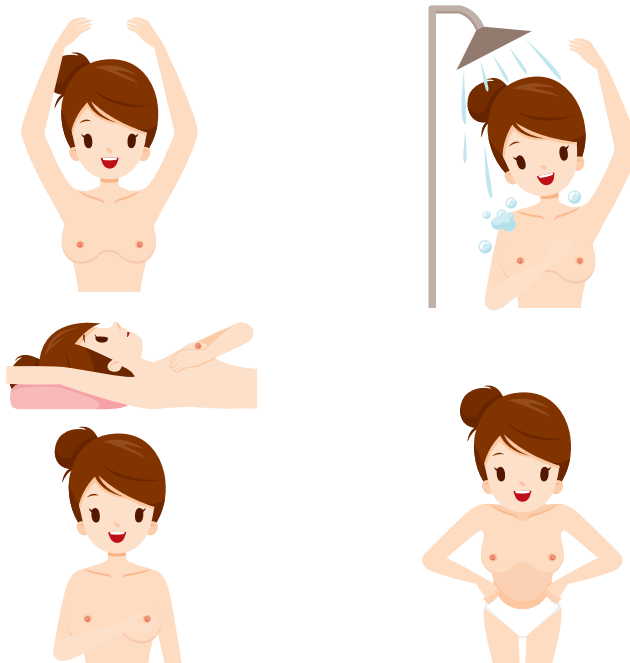
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Breast Self Examination



Use these three techniques during your regular self examinations and report any changes to your doctor.

Shower Technique Tips

In the shower, use pads of the fingers moving around entire breast in a circular pattern from outside to centre, checking the entire breast and underarm for lumps, thickening, knots. Use light, medium and firm pressure.

Lying Down Tips

When lying down, breast tissue spreads evenly on chest wall. Place a pillow under right shoulder and right arm behind head, and use the technique above. Repeat with left breast.

Mirror Technique Tips

Visually inspect breasts with your arms at your sides then raise high overhead looking for swelling, change skin contour, skin dimpling or changes in nipples. Next, rest palms on hips and press firmly to flex chest muscles, look for dimpling especially on one side.

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