

STEPS TO BREAST SELF-EXAMINATION

At the same time each month, check for any change in the normal look or feel of your breasts. Look for a lump, hard knot, or skin that thickens or dimples. Report any changes to your doctor or nurse. Go for regular exams and pap tests. Ask about a mammogram.

Toll Free : 800 77477 - Tel.: (968) 24498716 - Website : www.o.ca.om



Step One : Lying Down

- ◆ Lie down on your back with a pillow under your right shoulder
- ◆ Use the pads of the three middle fingers on your left hand to examine your right breast
- ◆ Press using light, medium and firm pressure in a circular motion without lifting your fingers off the skin
- ◆ Follow up a radial pattern.
- ◆ Feel for changes in your breast, above and below your collarbone and in your armpit area
- ◆ Repeat on your left breast using your right hand



These steps may be repeated while bathing or showering using soapy hands.

Step Two : In Front of the Mirror

Look for any changes from normal, inspect your breasts in four steps:

- ◆ Hold your arms at your sides
- ◆ Hold your arms over your head
- ◆ Press your hands on your hips to tighten your chest muscles
- ◆ Bend forward with your hands on your hips



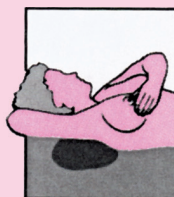
Step Three : In the Shower

- ◆ Raise your right arm. With soapy hands and fingers flat.
- ◆ Check your right breast.
- ◆ Use the method described in the "Lying Down" step.
- ◆ Repeat on your left breast.

HATUA ZA KUFUATA KATIKA KIJICHUNGUZA MATITI

Kila tarehe ile ile ya kila mwezi, jichunguze kama kuna mabadiliko yoyote katika matiti yako aidha kwa kutizama au kupapasa. Tazama kama kuna uvimbe, buje, ngozi ya titi kuongezeka unene au kufanya vishimo vidogo vidogo. Mabadiliko yoyote utakayoyagundua utatakiwa kuripoti kwenye vituo vya afya au hospitali iliyo karibu nawe. Ni vizuri kwenda kwenye vituo vya afya ama hospitali kwa uchunguzi wa mara kwa mara wa matiti na ule wa mlango wa kizazi. Ulizia kuhusu x-ray ya matiti (mammogram).

Tel: (255) 0779456456 - Website: www.zopzanzibar.org



HATUA YA KWANZA: Ukiwa umelala chali.

- Lala chali huku mto ukiwa chini ya bega lako la kulia.
- Tumia ubapa wa vidole vyako vitatu vya kati vya mkono wa kushoto kujichunguza titi lako la kulia.
- Bonyeza taratibu na kwa nguvu ya wastani kuzunguka ziwa zima bila kuondosha vidole kutoka kwenye titi.
- Anza sehemu ya juu kwenda chini wakati wa kupapasa ziwa.
- Angalia kama unahisi mabadiliko yoyote wakati wa kupapasa kwenye titi, juu na chini ya mfupa wa mbele wa bega na kwenye kwapa.
- Jipime ziwa lako la kushoto kwa kutumia mkono wa kulia kwa kufuata muongozo ulioelekezwa hapo juu.

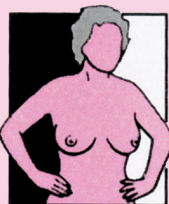


Unaweza kurudia hatua hizi za chunguzi wakati unakoga ukitumia mikono yako yenye sabuni

HATUA YA PILI: Mbele ya kioo cha kujitizama, kifua chote kiwe wazi.

Tazama kama kuna mabadiliko yoyote ambayo si ya kawaida, chunguza matiti yako kwa kuyalinganisha tafauti ya ukubwa, ngozi, rangi na maumbile ya chuchu kwa hatua nne zifuatazo:

- Weka mikono yako kiunoni
- Weka mikono yako juu ya kichwa chako
- Bonyeza mikono yako kiunoni kukazanisha misuli yako ya kifuani
- Inama kidogo wakati mikono yako ipo kiunoni



HATUA YA TATU: Ukiwa bafuni unakoga

- Weka mkono wako wa kulia nyuma ya shingo.
- Huku mikono yako ikiwa na povu la sabuni, tumia mkono wa kushoto huku vidole vikiwa vimenyooka kuchunguza titi la kulia.
- Tumia hatua ya uchunguzi iliyoelezwa kwenye hatua ya kwanza " ukiwa umelala chali ".
- Rudia hatua hizi kufanya uchunguzi kwenye titi la kushoto