

Ladies: Care for your breasts!

The female breast is an important organ that provides food for babies, and gives pride to bearer. Yet, it is the night mare of every woman to hear that a relative or friend of hers got breast cancer.

Knowing that cancer is just like any other disease; it can be cured if detected early. To avoid any mishaps, you should be aware of, see, feel and touch your breasts. Don't be shy, and don't be oblivious to any change you may notice. Seek medical advice in case of doubt. Don't follow the "wait and see" policy. It may be too long a wait until you get the bad news.

The following diagrams show you how to carry a quick breast examination. This should be done monthly in fixed times (after the period is off). It will take only few minutes of your precious time; but if neglected, it may cost you a life time.

Again, don't be shy to ask for a medical consultation; and remember that 90% of the breast lumps accidentally discovered in a female breast are benign and are due to normal evolution of the breast tissue. They can be removed by a simple surgical procedure.

