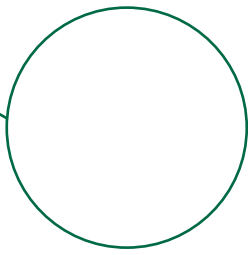


Front



## Caring for Yourself & Others

If you're 18 or older, make breast self-exams a monthly habit **WHEN...**



In front of a mirror



In the shower



Lying down

### 4 Easy Steps for Breast Self-Exams:

- Lift right arm and place hand behind head
- Use the finger pads of your left hand
- Make small circles up and down your entire breast
- Repeat on left breast, using your right hand

About the **same time each month** look for changes, such as

- A lump, that feels different
- A change in the look or feel of your skin
- A dimple or folding in the breast surface
- An inverted nipple
- Nipple discharge of either blood or mucus
- Swelling or redness with a feeling of heat upon touch

**Tell your doctor or health provider about any changes.**

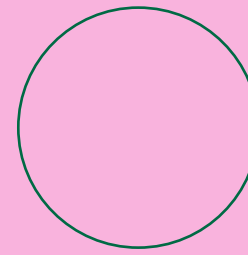
You should also have regular breast exams by your doctor or nurse **AND** an annual mammogram if you are 40 or older.

Breast self-exams, breast exams by a doctor, and mammograms improve your chances of finding breast cancer early, when it's curable!

June 2010 – Chuukese

Printed in China.

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## Tumunu Aupum seni semwenin Kanser

Fefin seni 18 ier feita, kopue poputa cheki aupum fan ew non ew maram, ew week murin om semwenin maram.

**KA TONGENI CHEKI AUPUM FANSOUN OM:**



Oruk non kinas



Fansoun om tutu



Fansoun om kokon

### Ifa usun om kopwe cheki aupum:

- Om cheki aupum pek fefinom, poum na pek fefinom epwe atapa nukun mokurom
- Pacheti mesen autum (pekmwanum won pek fefinen aupum), ka atapa seni nepekin feitiw fan tori nepekin me ewe epek
- Ka chok pwan fori iei usun ngeni pekmwanum cheki ika mi or fou non aupum
- Iei met kopwe fori ngeni aupumw pek fefinom, murin pwan pekmwanum

### Iteitan fansoun om cheki aupumw non ew maram, kopwe cheki ika mir or:

- Ika mi fou mi pwan or sokkun siwin
- Ika mi sokono onuwen me memef om atapa aupum
- Ika aupum a or motekis won
- Mesen aupum mei motonong
- Ika mi or not are cha e kusuw me mesen aupum
- Ika aupum we a ngut fiti aparano fiti pwichikar om atapa

Mi fokkun auchea kopwe ureni noum we Doctor ika Kangof ika pwe mi or sokonon seni nom. Kopwe pwan chehek iteitan fansoun ren Doctor, pwan cheki aupum fan ew non ew year fan ewe mwesinen chek aup, ika pwe ierum a wate seni 40 ier.