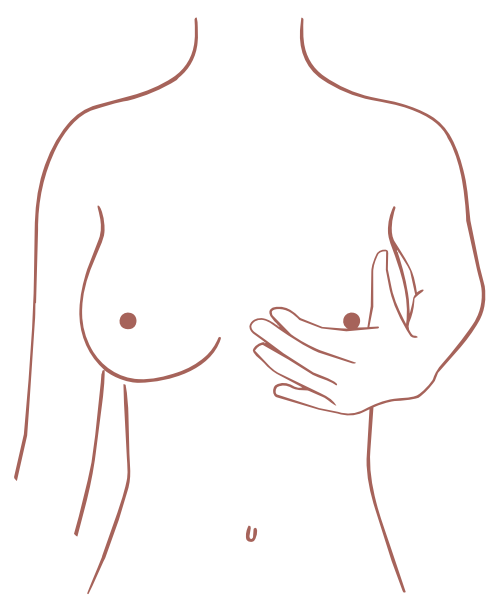


MGALLERY IS COMMITTED TO *Pink October*

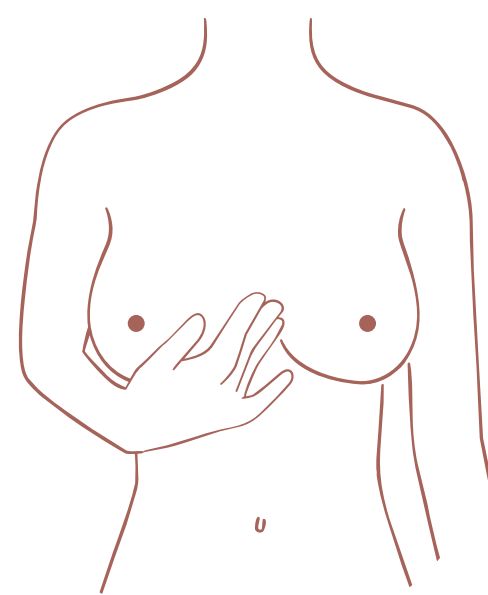
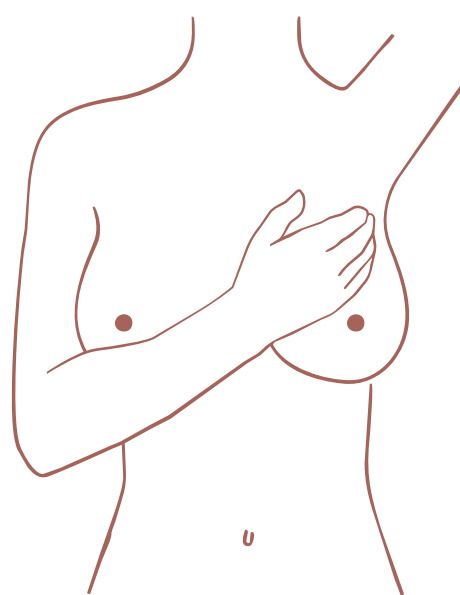
Learn the key gestures and recommended self-examination methods to help you check your breasts.

LEARNING TO LISTEN TO YOUR BODY

3 simple steps to check your breasts



Use your three middle fingers.



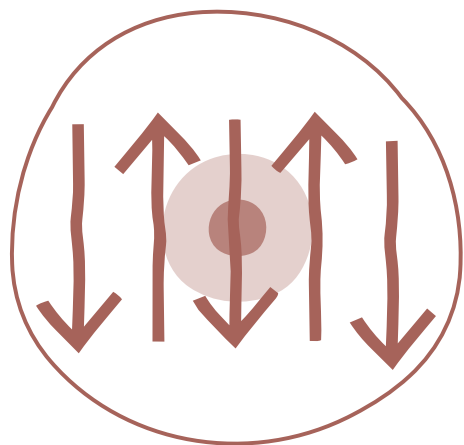
Also examine the space between the two breasts.

Don't forget to examine the area between the breast and the armpit, then the armpit itself.

WHEN IN DOUBT, ACT

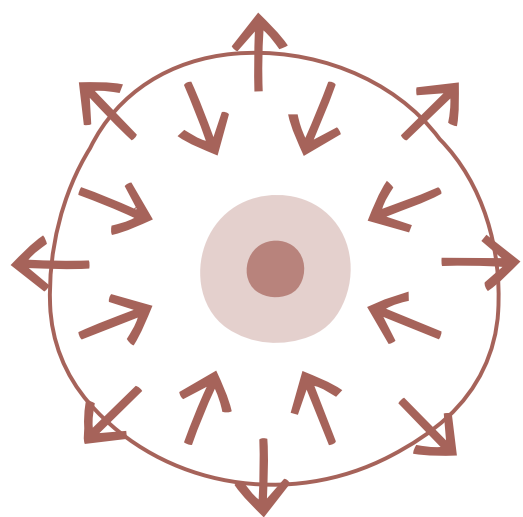
At the slightest doubt, trust yourself and reach out to your general practitioner or gynecologist to schedule a mammogram.

Choose the *self-examination method* that suits you



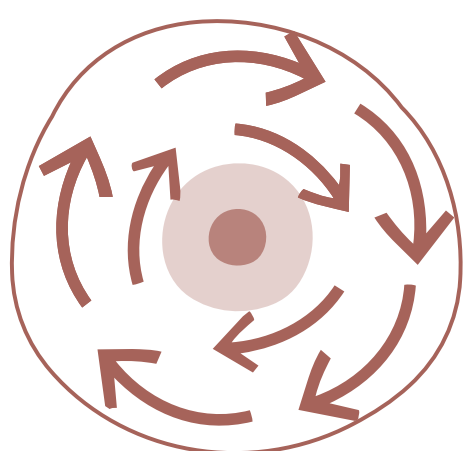
VERTICAL METHOD

Palpate your breast from top to bottom, starting at the top of the armpit. Move in straight, parallel lines spaced closely together so that no area is missed.



RADIAL METHOD

Palpate your breast in straight lines, moving from the nipple outward. Repeat this motion until you have covered the entire breast.



CIRCULAR METHOD

Palpate your breast in a spiral motion, starting from the top of the armpit and moving toward the nipple.

This method helps promote the early identification of any abnormalities or changes. It complements organized mammography screening but does not replace it.