

T'áá hó habe' baa ákozhnizin Breast Self-Awareness (BSA)

1. T'áadoole'é hohodidoott'ihígíí baa ákozhnizin doo Know your risk

- Nimá dóó nizhé'é dóó nik'éeí bits'íís bee bąqah dah dahoo'a'ígíí yee nił dahalne'go nił bééhózin doo.
Talk to your family to learn about your family health history.
- Ne'azee'íít'íní nabídítkidgo díí ats'íís bitt'óól dah díníisééh áádóó ba'át'e' hólq yileehígíí nibe' yihodidoott'ihígíí bits'ąq síníti'go yee nił hodoolnih.
Talk to your doctor about your personal risk of breast cancer.

2. Ats'íís bitt'óól dah díníisééh áádóó ba'át'e' hólq yileehígíí t'áá bítséedi bee ádaa áháyąqgo biniyé hodi'nél'jįh Get screened

- Ne'azee'íít'íní nabídítkidgo ha'át'íida doo níkásti'ígíí nił naawólníídąq' bee nanidi'doolkahígíí háidígíí shįį ná yá'át'ééh.
Ask your doctor which screening tests are right for you if you are at a higher risk.
- Dįzdiin honáhahgo habe' biníkání'díldla'go hahalzhish éí áádóó t'áá nináháhááh bik'eh ákót'éego náhodi'nél'jįh.
Have a mammogram every year starting at age 40 if you are at average risk.
- Naadiin honáhahdóó níwohįį' éí t'áá táá' nínáhah bik'eh aze'e'íít'íní baa níjídáhago habe' há neitkaah áádóó dįzdiin honáhahgo éí t'áá nináháhááh bik'eh náhodi'nél'jįh.
Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40.

3. Nits'íís bitah yá'áhoot'éhígíí baa ákonínizin Know what is normal for you

- Nibe' tahgo ánoolin silįį'dąq' t'áá áko aze'e'ál'įjį nidaalnishígíí baa díináát:
See your health care provider right away if you notice any of these breast changes:
 - Bii' ni'alts'i', nitt'izgo si'ą éí doodago dit'ih yileeh
Lump, hard knot or thickening
 - Neezhcháád, bits'ąnítdoi, tichxíí' éí doodago yiiįjįh
Swelling, warmth, redness or darkening
 - Habe' t'áá at'ąqah ánítso éí doodago doo aheett'éeda
Change in the size or shape of the breast
 - Hakágí biih hoodzą éí doodago iitsoq
Dimpling or puckering of the skin
 - Yihéęs, tóód yileeh, dóó bikáá' ne'ekqos éí doodago habe' bílátahí bąqah ha'ajah
Itchy, scaly sore or rash on the nipple
 - Habe' bílátahí biyi'jigo yileeh éí doodago habe' binaagóó iitsoqsgo biih hoodzą yileeh
Pulling in of your nipple or other parts
 - T'áadoo kót'é íliní habe' bílátahdóó t'áadoole'é háálj yileeh
Nipple discharge that starts suddenly
 - T'áá ániidigo t'áátáhigi nááneezgaigo doo nik'e'da
New pain in one spot that does not go away

4. T'áá hó jizįgi ájít'éhígíí dóó ájoot'įjįgíí bee ádaa áhojilyą Make healthy lifestyle choices

- T'áá ákohgo ázhnítdáasgo ázhdółzin
Maintain a healthy weight
- T'áá ákwíjį hatah hozhdisééh, na'ázhdíłts'qod
Add exercise into your routine
- Doo ayóo tó tsi'nida'iitáhígíí chojoot'įjįda
Limit alcohol intake

T'áá hó habe' át'éhígíí nijłkaah Breast Self Examination (BSE)

T'áá nínádízi' bik'eh habe' názhnéł'jìh dóó ninájłtkah. Habe' hajisídgo łahgo át'jìhgo, t'áá áko azee' ál'jìjì nidaalnishígíí bee bił hojłlnih.

BSE is a tool that may help you learn what is normal for you. BSE includes looking at and feeling your breasts. If you notice any changes in your breasts, see your health care provider right away.

łahgo át'jìhígíí hádíní'jì'go k'ad kodóó kódíńíít

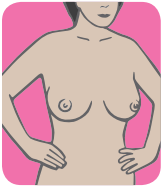
Step 1: Look for changes

Bii' adéest'jì' bich'jì'go yìizjìh:

Stand in front of the mirror:



- Nigaan nahíinilgo
Hold your arms at your side
- Deigo yah diłlníh, áádóó nigaan ahíıtsóód
Hold your arms over your head
- Nik'aashjaa' bikáá' atł'hijí dah diłlníh dóó niyid bidoh habidíít'ash
Press your hands on your hips and tighten your chest muscles



- Nik'aashjaa' bikáá' atł'hijí dah dínílnii'go náás yaa kónínééh áádóó nibe' nínít'jì
Bend forward while your hands are on your hips

łahgo át'jìhdáá' éi kót'éego bee bik'inidílniihgo hadíisít

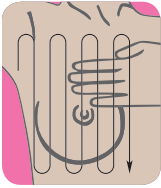
Step 2: Feel for changes

Tsédeigo níteeh:

Lying Down:



- Tsii'áát niwos nishnáájí biyaa siłtsoozgo bikáá' tsédeigo níteeh
Lie down on your back with a pillow under your right shoulder
- Nishtł'ahjí níládiníbiní ata'gi táa'go nishnáájí nibe' bee bik'inidílniih
Use the pads of the three middle fingers on your left hand to check your right breast



- T'áadoo nahjì' adílníhí dóó názbąsgo bik'ih nidílniih áıtsé éi hazhóó'ógo áádóó t'áá yéđigo áádóó yéego bił adadílniih
Press using light, medium and firm pressure in a circle without lifting your fingers off the skin
- Deigo áádóó yaago dóó náána deigo dóó náána yaago bikáá' nidílniih
Follow an up and down pattern
- Nibe' baa ákonínizin łahgo át'jìhdáá' éi biniiyé nit'og bikáa'di dóó biyaagi dóó nich'áahgi bik'ih nidílniih
Feel for changes in your breast, above and below your collarbone and in your armpit
- Nishtł'ahjí nibe' éi níla' nishnáájí bee bik'ih nináádílniih
Repeat on your left breast using your right hand

Nijibéego tá'ázhđigisgo hála' taláwosh bąqahgo habe' bik'ih nizhdidoolnih

Step 2 can be repeated while bathing or showering using soapy hands

For more information visit our Web site or call our breast care helpline.
www.komen.org · 1-877 GO KOMEN (1-877-465-6636)