

**Saratani ya matiti ni ugonjwa kati ya wanawake wote,** ukitambua dalili za ugonjwa matibabu mapema waweza kuishi muda mrefu zaidi.

**Zijuea hatari zako**

- Ongea na wanafamilia ujue kama mnahistoria ya ugonjwa huu
- Ongea na Daktari kuhusu ugonjwa wa Saratani ya Matiti

**Pata vipimo**

- Muulize Daktari wako vipimo sahihi iwapo uko kwenye hatari ya kuwa na ugonjwa huu
- Pata kipimo kila mwaka kuanzia umri wa miaka 40 kama uko kwa wastani wa hatari
- Fanya vipimo vya kansa ya matiti angalau kila miaka 2 kuanzia umri wa miaka 20, na kila miaka kuanzia umri wa 40

**Zijue hali za kawaida kwako**

**Mwone daktari wako wa afya ukiona dalili yoyote zifuatazo:**

- Nundu, fundongumu, wepesi ndani ya matiti, au chini ya mkono
- Uvimbe, joto, uwekundu au uweusi isio kawaida kwenye matiti
- Mabadiliko ya ukubwa au umbo ya matiti
- Kupoauka au kusinayaa kwa ngozi
- Kuwasha, kutoneshaau upele kwenye chuchu
- Mvuto ndani ya chuchu au sehemu nyingine ya matiti
- Chuchu kutoa uchafu zenye kuanza kighafila
- Maumivu mapya kwa sehemu moja asiyo pungua

**Zingatia afia njema**

*Kuwa na uzito wa mwili unaostahili, Zingatia kufanya mazoezi kila mara, Punguza unyawaji wa pombe, Punguza utumiaji wa hormone za uzee Nyonyesha, kama unaweza.*



Kwa maelezo Zaidi waweza kutembelea tovuti yetu au simu yetu



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**BREAST  
SELF-EXAM**

**HOW TO CONDUCT  
A BREAST SELF-EXAM**

**1 MIRROR**

Stand in front of a mirror with good light and visibility. Look carefully at your breasts. Notice how they sit, their size, their shape, any differences from one to the other. Get to know the form of your breasts well.



Now look for any obvious new signs, dimples, discolorations, thickened or flaky skin, any inflammation or discharge from the nipples.

**2**

Now hold your arms up and clasp your hands behind your head, pushing your elbows back and chest forward.



Look again at the outline of your breasts, any unusual changes, any dimpling or lumps or discoloration. Look also above your breasts and around your underarm area.

**3**

Now place your arms on your hips, bring your elbows forward and bow slightly forward towards the mirror.



Look carefully again at your breasts, how they sit, look for any shape changes or new signs visible in this position.

**4 SHOWER**

*These steps can be done in front of the mirror as well but in the shower it is quite easy as your hands slide easily over the soapy skin and you can feel any oddities more easily.*

Raise your left arm. Use three or four fingers on your right hand to explore your left breast, firmly, carefully and thoroughly.

Beginning at the outer edge, press the flat part of your fingers in small circles, moving the circles slowly around the breast. Move gradually towards the nipple. Be sure to cover the whole breast.



Pay special attention to the area between the breast and the armpit, including the armpit itself. Feel for any unusual lumps or masses under the skin.

Repeat this exam on your right breast using your left hand.

**5**

Gently squeeze each nipple and look for any kind of discharge.



**6**

Repeat steps 4 & 5 while you are lying down.

lay flat on your back, right arm over your head. Place a towel or pillow under your left shoulder. This position flattens the breast and makes it easier to examine. Use the same circular motion as in steps 4 & 5. Repeat for the left breast with your left arm above your head and a towel or pillow under your right shoulder.



**WHY DO I NEED TO DO THIS SELF-EXAM?**

BECAUSE BREAST CANCER IS A REAL THREAT. One in every 8 women will get breast cancer. It is important to be aware of your breast health. The best way to do that is to get to know your breasts yourself, how they look and feel, so you can notice any changes.

**HOW OFTEN SHOULD I DO THIS SELF-EXAM?**

It is recommended that you do a full breast self-exam once a month. Make sure you have undisturbed time and can concentrate properly. It should not take you more than 15 minutes. By doing it every month you will have a good feel for the normal condition of your breasts and any abnormalities will be very obvious to you, if they should develop.

**WHAT IF I FIND SOMETHING DURING THIS SELF-EXAM?**

DON'T PANIC. Not all lumps or abnormalities in your breast are breast cancer, in fact MOST LUMPS AND BUMPS found during exams, ARE NOT BREAST CANCER.

There are a variety of other causes like cysts, bites, hormonal changes, medications or fibroedemas that could cause many of the same symptoms.

But it is important to get them all checked out. Make sure you tell your doctor that you have been doing regular self-exams and this is a new symptom.

Your doctor may order some blood tests or a biopsy or an ultrasound or mammogram. These are all good investigations to diagnose your symptom and clear the possibility of breast cancer.

If you are not happy with the response of your doctor try another health provider to get another opinion.