

A DOZEN GUIDELINES ON BSE BSE OF YOU, FOR YOU, BY YOU

1. BSE helps to ensure early detection of breast cancer.
2. BSE helps you to become familiar with the structure and feel of your breast, enabling to notice a change if any.
3. A lump found by monthly BSE is smaller than that found by chance.
4. Do BSE in front of the mirror, while taking bath or shower and while lying down.
5. Relax while doing BSE and use pads of your finger with enough pressure to ensure that you are doing a careful examination.
6. Use your right hand to examine your left breast and vice-versa.
7. Use consistent circular pattern while doing BSE.
8. Best time to do BSE is one week after the start of periods.
9. If you do not have periods, you should do BSE on the same day of every month.
10. The cure rate of breast cancer can be nearly 100% when it is detected early ie-localised to the breast.
11. In some cases the breast can be conserved if detected early.
12. Let us tell about BSE to our mother, sisters, daughters, co-workers, neighbours, friends to ensure a longer healthier life for us all.
13. For further details, please contact any nearby Health Institution/Cancer Center, or Dr. M.K. Mahajan-Convener BCF-INDIA, Deptt. of Radiotherapy CMC Ludhiana. 141 008

ON 8.9.97 INTERNATIONAL WOMEN'S DAY.

OUR PLEGE EVERYONE, DO ONE, REACH ONE & TEACH ONE.

PERSONAL HEALTH CARD



**BREAST CANCER FOUNDATION
INDIA**

PERSONAL DATA

Name :

Date of Birth

Father's/Husband's Name :

Address :

Family History of Cancer :

Relation :

Educational Status :

Occupation :

Regd. No. :

Date :

Urban/Rural :

Married/Unmarried :

Menopausal Pre/Post :

If Yes - since :

Parity :

Pl. Record any recent illness :

YEAR : 19.....

DATE	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
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- Mark dates of menstrual period with red line.
- L Mark date of BSF (7 days after start of menstrual period).
- Mention (*) the occurrence and duration of any disease