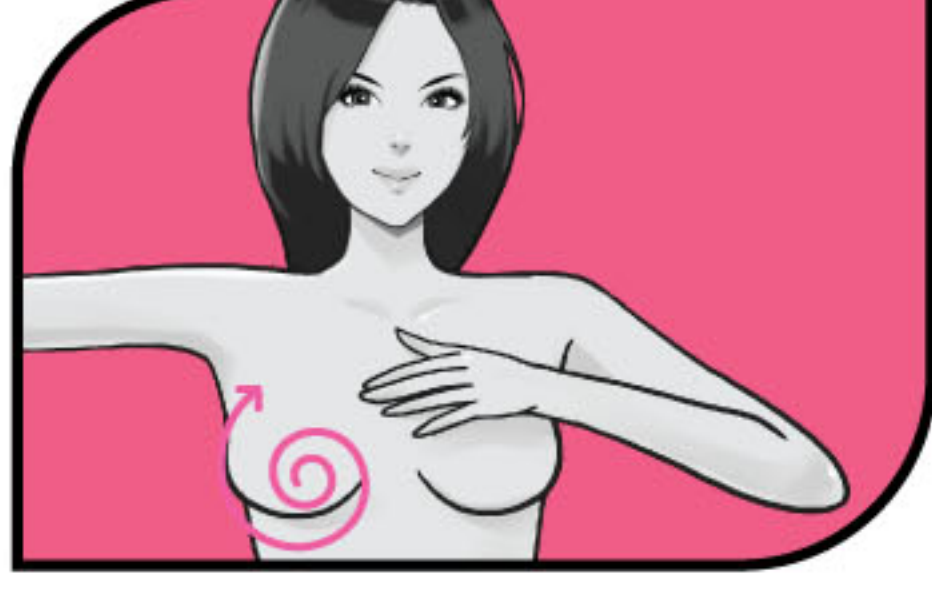




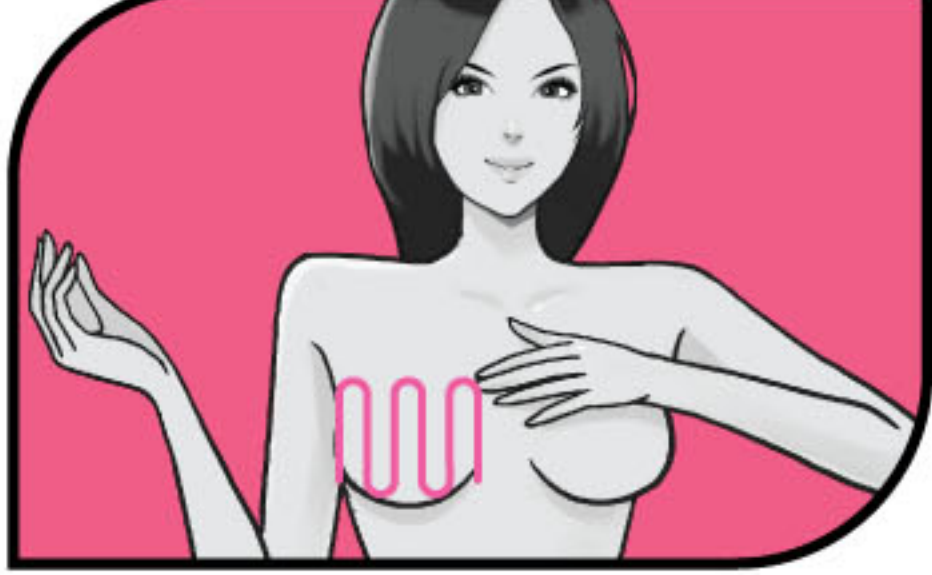
WACOAL PINK RIBBON
CARING FOR YOUR BREAST
SAVING YOUR LIFE

3 Easy Methods for Self Breast-Check



1 Spirally clockwise motion

Feel your breast with your fingers starting from the nipple extending in a spirally clockwise manner towards the armpit. Squeeze-test the nipple with your thumb and index finger, to check for any lymph or blood seeping problem.



2 Vertical motion

Use your index, middle and ring finger, to feel your breast by alternately moving them in a vertically up and down motion, to check for any irregularity problem.



3 Radius movement

Feel your breast with your fingers, by moving them in radius motion extending from the nipple down to the cupbase. Then, use your thumb moving from the cupbase up to the nipple to check for any irregularity problem.

Always check your breast regularly

- Monthly check from age 20 years onwards.
- Yearly check by mammogram method from age 40 years onwards.
- Immediately consult the doctor upon coming across any of irregularity problem.