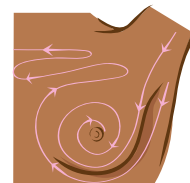
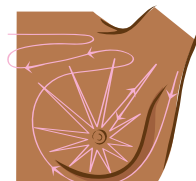
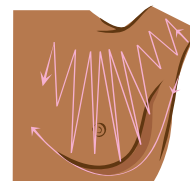
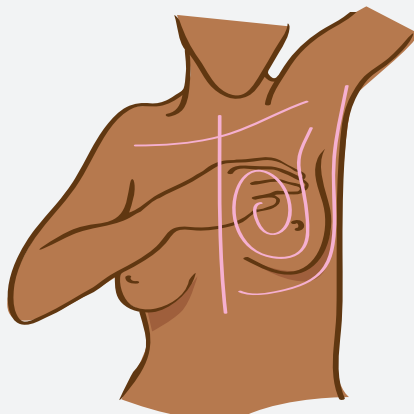
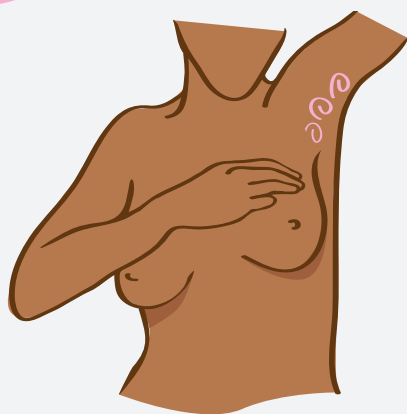




# TSHWARA TOUCH

Tshwara mabele a gago. A o utlwa sengwe se se sa tlwaelesegang?  
Touch your breasts. Can you feel anything unusual?



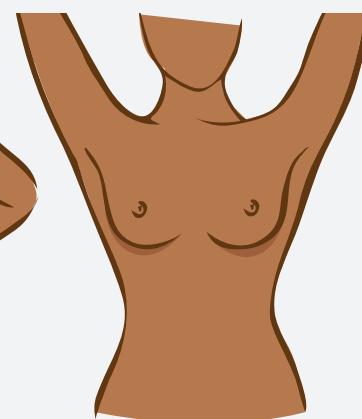
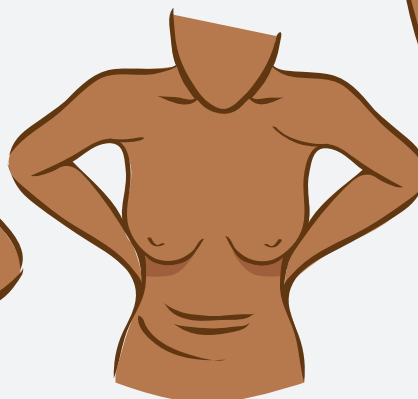
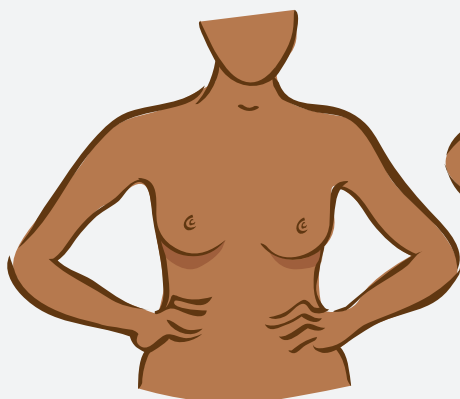
Dirisa mosego go tlhola mabele a gago

Use a pattern to check your breasts

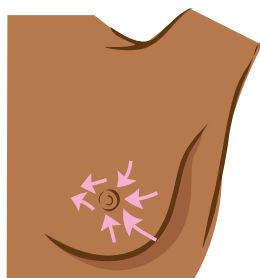
Tlhamalatsa menwana, o e patagantse. E dikolose le lebele, go tswa ko godimo go ya kwa tlase, le mo ditlhakoreng.  
Keep your fingers flat and together. Use a circular motion to cover the breast from top to bottom, and side to side.

# LEBA LOOK

Batla diphetogo. A go na le pharologanyo mo tebegong ya lebele?  
Look for changes. Is there a change in shape, size or texture?

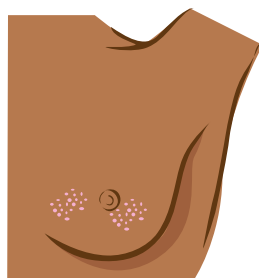


Mabele a tshwanetse go nna selekanyo, popego le mmala wa tlwaelo. A sa sokama, e bile a sa ruruga.  
Breasts should be their usual size, shape and colour. They should be no visible distortion or swelling.



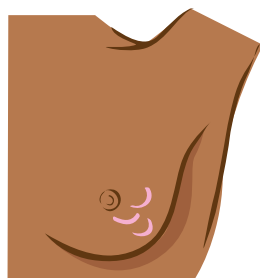
Go fetoga ga tebego ya thoba

Change in direction of nipple



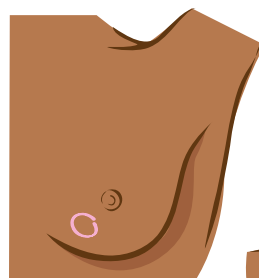
Bogwata kana oboga ga letlalo.

Rash or crusting



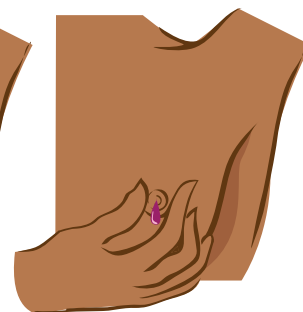
Boleng jwa letlalo sekai; go bobetsega

Skin texture; e.g. dimpling or puckering



Kgwethe - e ka tswa e sa bonale mme e utwala

Lump - may not be seen but might be felt

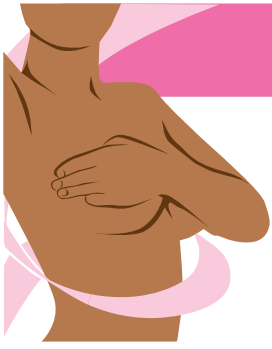


Se se tswang mo thobeng; metsi kana boladu

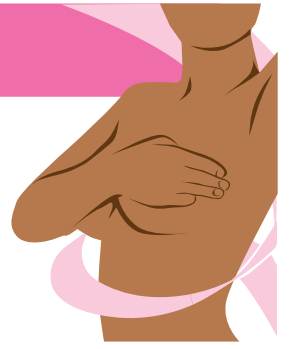
Nipple discharge

# TLHATLHOBA CHECK

Tlathloba se se sa tlwaelesegang le ngaka ya gago  
Check anything unusual with your doctor



# ELA MABELE TLHOKO BE BREAST AWARE



Go ela mabele tlhoko go raya go itse popego ya mabele a gago ka tlwaelo. Ka jalo obo o ka tsibogela diphetogo tse o di bonang mme o kgone goya ngakeng ka nako.

Being breast aware simply means knowing what your breasts look and feel like normally, being on the lookout for any unusual changes and getting them checked out by your doctor.

Go motlhofo fela jaaka **TLT**...

**TSHWARA** mabele a gago. A o utlwa sengwe se se sa tlwaelesegang?

**LEBA**, batla diphetogo. A go na le diphetogo mo tebegong ya lebele?

**TLHATLHOBA** gore a gona le sepe se se sa tlwaelesegang le ngaka ya gago.

It's as simple as TLC...

**TOUCH** your breasts. Can you feel anything unusual?

**LOOK** for changes. Is there any change in shape or texture?

**CHECK** anything unusual with your doctor.

Go molemo go itlwaetsa go itlhatlhoba kgapetsa kgapetsa. Se se botlhokwa ke go itse gore mabele a gago a lebega jang kana a utlwala jang fa a itekanetse, gore o tle o lemoge diphetogo.

It's good to get into the habit of doing this regularly. The important thing is to be familiar with how your breasts look and feel normally, so you notice anything unusual.

Gakologelwa go akaretsa lebele lotlhe, go akaretsa ko godimo ga lone le mo magwafeng.

Remember to check the whole breast area, including your upper chest and armpits

Go tshwara kankere ya lebele ka nako, go ka dira gore kalafi e nne motlhofo. Jalo le ka bona gore go botlhokwa go itlhatlhoba nako le nako.

The earlier breast cancer is found, the better the chance of beating it. It is important to make regular checks.



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taking breast cancer awareness throughout Botswana