

What's it for?

The most reliable method of screening is mammography and clinical breast examination.

Being aware of what is normal for your breasts can help you notice any changes.

1. Average size lump found by having regular mammograms done.
2. Average size lump found by first mammogram.
3. Average size lump found by clinical breast examination by a healthcare professional.
4. Average size lump found by women checking their own breasts.

handmade by Maria x

TSHWARA TOUCH

Place one arm behind your head, use three fingers to examine the opposite breast.



Baya le tsogo la gago ko morago ga thogo.

Dirisa menwana e meraro go tlhatlhoba le bele.



LEBA LOOK

Look for changes. Stand with your hands on your hips in front of a mirror. Is there any change in shape or texture?

Leba, batla diphetogo.

A gona le diphetogo mo tebegong ya lebele?

TLHATLHOBA CHECK

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

Check anything unusual with your Doctor or Clinic.



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