

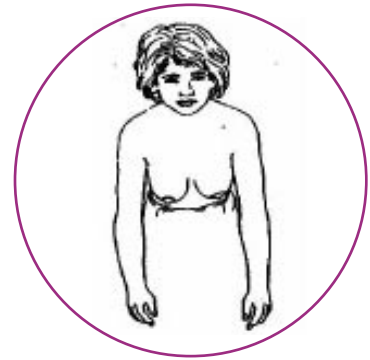
empottante na un cho'gue i rinikonosen-maisa gi **SISU**



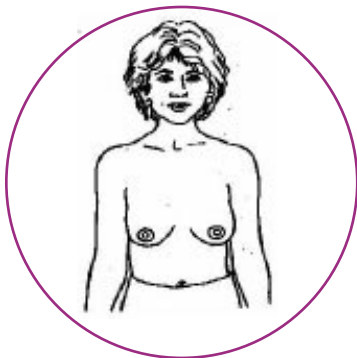
Hatsa i kannai-mu tunas hulo



Go'te' i sintura-mu



Dengnga



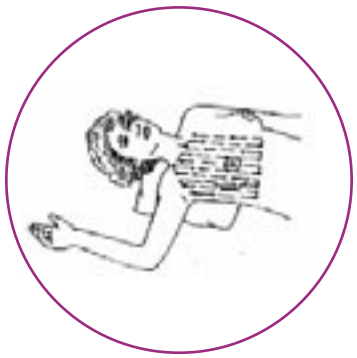
Na'ñaba i dos kannai-mu



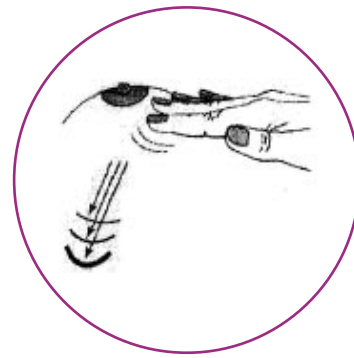
Pusion umasson gi banda-mu



Asun gi alunan ya un po'lo tati y kannai-mu



Rikonosi ayu i uriya asta guatu gi papa i sisu-mu



Usa difrentes kla'sen hineño' para kada pinacha-mu



Rikonosi i sisu-mu guato asta y afa'fa'-mu

Ripot hafa na tinilaika siha gi sisu guato gi me'diku.

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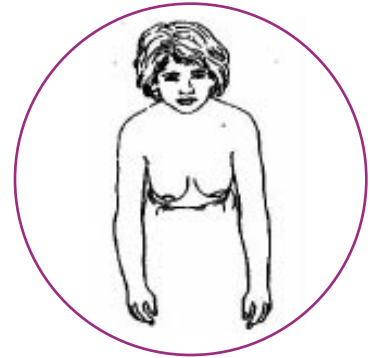
It is important to do a Breast Self-Examination



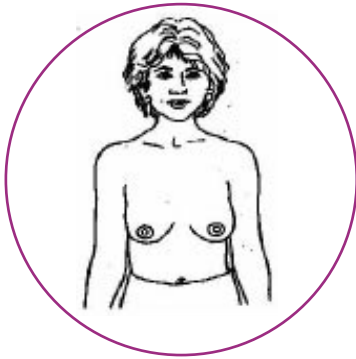
Arms raised above head



Hands on hips



Bend forward



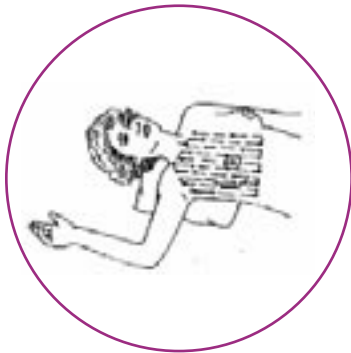
Arms relaxed at side



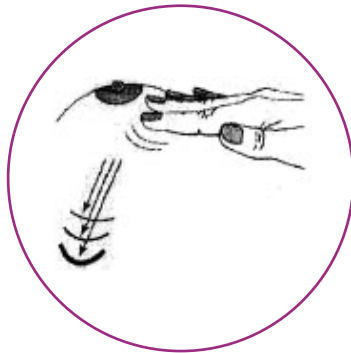
Side-lying position



Flat position



Check around the lower portion of the breast



Use various levels of pressure



Check the breast that extends to the armpit

Report any breast changes to the doctor.

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