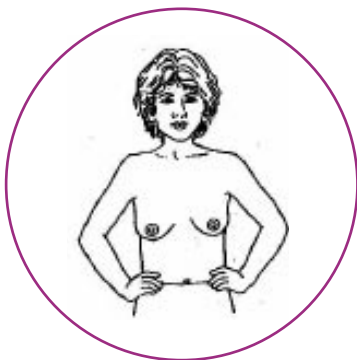


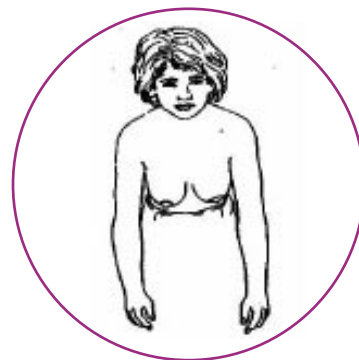
empottante na un cho'gue i rinikonosen-maisa gi **SISU**



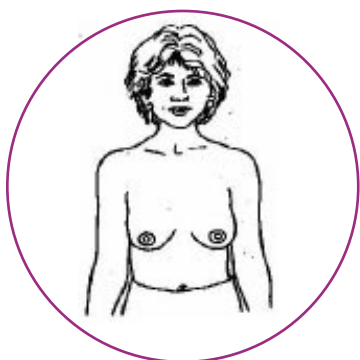
Hatsa i kannai-mu tunas hulo



Go'te' i sintura-mu



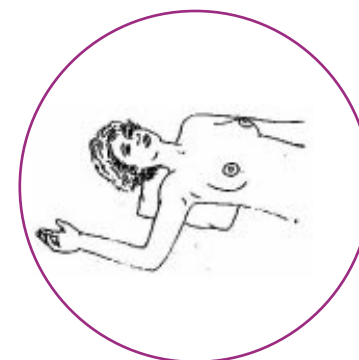
Dengnga



Na'ñaba i dos kannai-mu



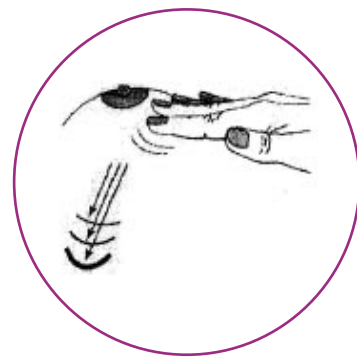
Pusion umasson gi banda-mu



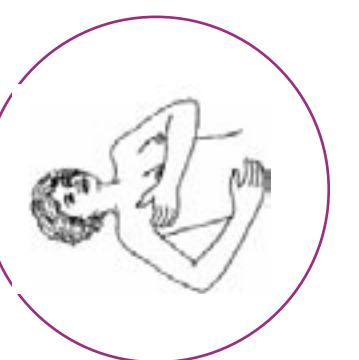
Asun gi alunan ya un po'lo tati y kannai-mu



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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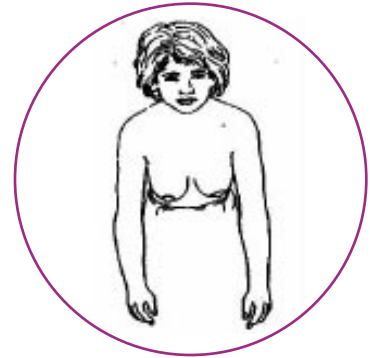
# It is important to do a Breast Self-Examination



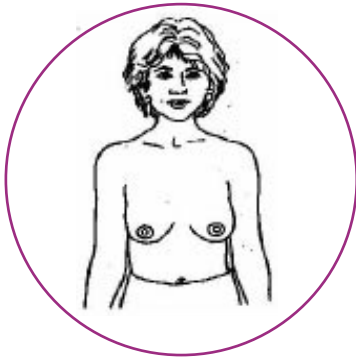
Arms raised above head



Hands on hips



Bend forward



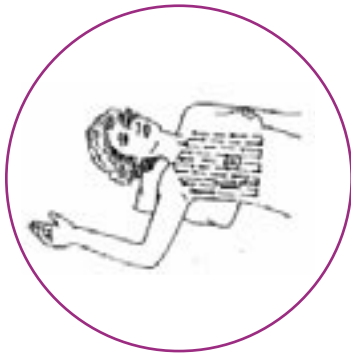
Arms relaxed at side



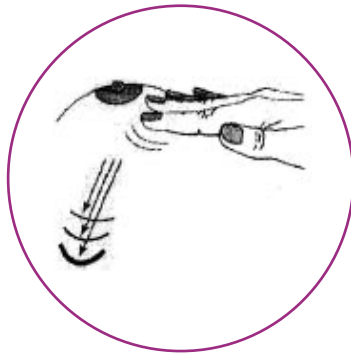
Side-lying position



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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