



FEDERATION OF AFRICAN MEDICAL STUDENTS' ASSOCIATIONS (FAMSAs)  
STANDING COMMITTEE ON HEALTH AND ENVIRONMENT (SCOHE)

# SCOHE PINK PROJECT 2023

## COMPREHENSIVE GUIDE TO BREAST SELF-EXAMINATION (BSE) ACCORDING TO WHO GUIDELINES

BY AFRICAN MEDICAL STUDENTS

Muhammad, Esther, Eugenia, Tahira,  
Judy, Kawthar Emmanuel, Farida and  
Lavenda  

# **Introduction:**

The SCOHE PINK PROJECT is an annual project of SCOHE that we focus on breast cancer awareness activities.

Breast self-examination (BSE) is an important practice for early detection of breast cancer. Here are step-by-step guidelines for conducting a breast self-examination according to the World Health Organization (WHO):

## **Step 1: Preparation**

Find a quiet, well-lit place where you can relax and concentrate.

## **Step 2: Visual Inspection:**

Stand in front of a mirror with your hands on your hips.

Look at your breasts carefully. Check for any changes in size, shape, or skin texture. Look for any dimpling, puckering, or changes in the nipple.

## **Step 3: Arm Movement:**

Raise your arms above your head and look for the same changes.

Turn from side to side to examine each breast.

## **Step 4: Lying Down:**

Lie down on your back with a pillow under your right shoulder and your right arm behind your head.

Use your left hand to examine your right breast.

Use the pads of your three middle fingers to feel for lumps or abnormalities.

Begin at the outer edge and move in a circular motion, gradually working your way around the breast.

Move the pads of your fingers up and down vertically, covering the entire breast.

Be sure to cover the entire breast from top to bottom and from your collarbone to your abdomen.

Repeat this process for your left breast using your right hand.

## Step 5: Sitting or Standing:

Finally, while sitting or standing, gently squeeze the nipple of each breast to check for any discharge.

## Step 6: Repeat Regularly

It's essential to perform these self-examinations regularly, ideally on the same day of each month.

*Remember, the goal of breast self-examination is to become familiar with how your breasts normally look and feel so that you can quickly detect any changes. If you notice any unusual lumps, changes in texture, or other abnormalities, it's crucial to consult a healthcare professional promptly. Additionally, regular mammograms and clinical breast exams by a healthcare provider are also important for breast cancer screening and early detection.*

MUHAMMAD, ESTHER, EUGENIA, TAHIRA, JUDY, KAWTHAR

EMMANUEL, FARIDA AND LAVENDA  



**Watch a video demonstration of  
BSE from the YouTube video  
below:**

**[CLICK HERE](#)**