



I AM A BREASTMAN

... and my hands are prevention

This leaflet is for men who understand the proverb "connecting pleasure with usefulness", and have been successful in implementing it.

When to start with your partners' preventative breast examination?

The regular checks are important. The best is to start from the adult age of a woman, which is from the age of 18. According to the general opinion, older men are more responsible in their actions, but from a young age, gentlemen, you are responsible for your health, study, work and sports so participate also in pre-examination of your partner and join responsibility for her health.

- Most of you are already familiar with this issue or at least have read about it.
- Learn how to use sense in your hands to examine the breasts of your partner.
- Women love their men being involved in this activity.
- Only a few women feel responsible for their bodies - this fact is gradually improving.
- Talk to your partner about prevention and how you care about her health.
- Ask your partner to check your intimate parts. You don't have to wait until November /Movember event/.

How often and when to check? What do you think?

Ideally this should be done once a month - shortly after menstruation, when your partners' breasts are not too sensitive and tense. You could make a pleasant ritual from it.

How do you start? For example, when bathing together. Do not be afraid to touch each other. Continue with the exam with your partner lying down on her back and her breasts changed in

shape. Repeat these intimate moments by massaging her with the body lotion. Use the fingertips of your three middle fingers and apply slowly gentle, medium and stronger pressure. Gently press the nipples too. Teach your fingers and palms to see the shape of the breasts, so that you can spot any changes.

Do you think that you know the shape of your partner's breasts? Are you aware of what changes in the breast shape or their structure can happen and what to notice?

You should pay attention to:

- A lump, a mass of extra tissue or thickened skin reminiscent of an orange peel.
- An indented area or an inverted nipple.
- Eczema on the nipple or the breast, especially when itchy for a longer period of time.
- Bleeding or any fluid discharge from the nipple.
- Color changes on the breast or a skin redness.
- Dimpling, swelling, flaking, wrinkles on the breast or nipples.
- Increased breast temperature and tenderness.

Do you believe that you might have found some unusual changes?

- Gently tell your partner and help her with a self-examination.
- Please be aware that a change doesn't mean you found the disease. Stay calm together with your partner and assure her of your support.

Emphasize the importance of the professional examination – do not make a light situation out of it, do not underestimate it and certainly **DO NOT DELAY IT!**

- For more information who to contact, you can also contact **Mamma HELP Centers**, their phone numbers are listed at www.mammahelp.cz.
- Even a slightest uncertainty should be examined by a specialist who will assess the finding by the mammograph or ultrasound.

Prevention is equally necessary for both of you and its consequences equally important. Hand on heart – this way, it is not too unpleasant, right?

What are the recommendations?

Movement - any action: do sports, make love, dance anywhere and anytime - forget about your favourite couch potato routine - office, car, sofa - as well the unhealthy one – overweight, high blood pressure and aching heart, lungs, joints.

Healthy diet: You can cook healthily by using Mr. Pohlreich and Jamie Oliver's cookbooks, or you can simply become a little more creative - think a little and use your fantasy. After a long day, there isn't anything better than getting an invitation from your partner to dinner made with love.

Avoid stress: It's easier said than done, but it's worth it. The first serious medical problem will slow you down and you will be more careful to prevent a second one.

PREVENTION + EARLY DIAGNOSIS = LIFE



Mamma HELP, z.s.
Organization for patients with breast cancer
www.mammahelp.cz