empottante na un cho’gue i rinikonosen–maisa gi

Hatsa i kannai-mu tunas hulo
Go’te’ i sintura-mu
Dengnga

Na’ñaba i dos kannai-mu
Pusision 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 diferentes 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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