



# HAVE YOU SQUEEZED IN A MAMMOGRAM LATELY?

By participating in regular screenings — such as mammography, clinical exams, and self-examinations, you can **proactively take charge of your breast health and effectively battle breast cancer.**



## EXCEPTIONAL AND COMPREHENSIVE SERVICE

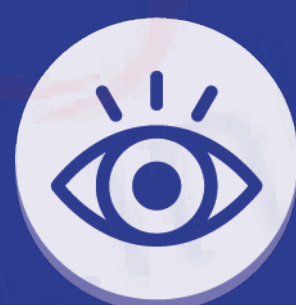
RadLink offers top-notch one-stop services for breast health with reliable imaging and biopsies, ensuring accurate diagnoses and exceptional care led by our skilled breast care team with specialised radiologist, experienced nurses and technicians. Our commitment is to promote well-being and peace of mind in our patient's breast health journey.

**BOOK NOW**  
for Breast Screening  
and Early Detection!



SCAN QR CODE  
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## 3-STEP BREAST SELF-EXAM



### STEP 1: LOOK

Hands on your hips and check for changes of breast shape, skin, and nipple. Raise your arms above your head and inspect underside for changes, especially dimples.



### STEP 2: TOUCH

Using 3 fingers, touch and feel your breast in a circular motion from outer area towards the nipple. Gently squeeze nipple to check for any discharge. Repeat on your other breast.



### STEP 3: CHECK

Search for lumps with varying pressure, covering your entire breast from armpit to cleavage. Repeat on your other breast.

SOURCE: 3 Easy Steps To Do Your DIY Breast Self-Check  
<https://www.singaporecancersociety.org.sg/get-screened/breast-cancer/breast-self-examination.html#3-easy-steps-to-do-your-diy-breast-self-check>

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