

wellnessNEWS

Ideas to help you LIVE WELL from the ENCANA WELLNESS CENTRE

Self-exam 101



If you find a lump or abnormality, have it checked by a doctor. You can book an appointment at the EnCana Wellness Centre by calling 440-6326.

Breast self-exam

(Source: www.sexualityandu.ca)

When to do it

Once a month. The best time is about a week after the beginning of your period, when your breasts are at their least swollen and tender.

How to do it

STEPONE Manual inspection:

- *Do this inspection twice: standing up and lying on your back.
- *Move the pads of your middle three fingers around and under each breast, from the armpit to the collarbone (move your fingers from the nipple out in a circular motion or in vertical lines).
- *Most breast cancers are found in the upper, outer portion of the breast or behind the nipple, so pay particular attention to these areas.

STEPTWO Visual inspection:

- *Look for any changes in size, shape or position, dimpling or puckering of the skin, pushed-in or misshapen nipples, redness, swelling or other irregularities.
- #### How to do it
- *Stand in front of a mirror with your arms by your sides.
 - *Repeat the inspection with your hands on your hips.
 - *Raise your arms over or behind your head, and turn to each side to inspect your breasts in profile.

Student Counselling Services presents:
 Movements of the Soul:
 A Journey Into Whole-Hearted Living and Loving

For more information on these insightful workshops for staff or students, call 440-6362.

Testicular self-exam

(Source: www.sexualityandu.ca)

When to do it

Once a month. The best time is after a warm bath or shower because the skin of the scrotum is relaxed.

How to do it and what to look for

- *Standing in front of the mirror, inspect the scrotum visually for swelling.
- *For each testicle: hold the testicle between the thumb and fingers of both hands; roll it gently between the fingers, looking out for any hard lumps or nodules or for any change in size, shape or consistency.
- *Feel the epididymis, a cord-like structure on the top and back of each testicle, noting any changes.
- *For more information go to www.cancer.ca.

wellnessWORDSEARCH

P H S X J S U P A T A G E R S
 V I N M E C E C N G E U C E E
 P S H P O N K E Y N Y R N N M
 H J R S I D M A I B S N E T E
 G E H S N T N T L E D Z N R N
 H O V E I O A O X G S D I A C
 Z I N M A L I U C M C W T P V
 H M M O W L A T U Y K Q S R Z
 I O O A R L T Y A Z C B B E O
 C T R D I R Y H Y L U H A G I
 H T S T I A H S E X E G L N H
 S W Y R W M I E K F V R N A W
 Y C A M I T N I A V A G I N A
 L O R T N O C H T R I B K C N
 C H L A M Y D I A J K D H Y P

Abstinence, AIDS, birth control, chlamydia, commitment, condoms, genital warts, gonorrhoea, health, herpes, HIV, HPV, intimacy, partner, penis, pregnancy, relationship, semen, sex, sexuality, STI, vagina