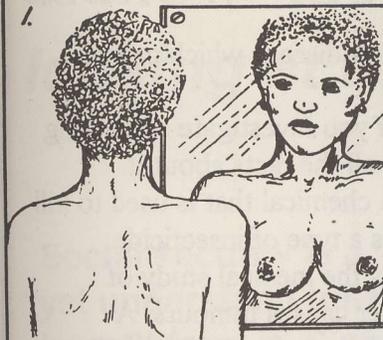
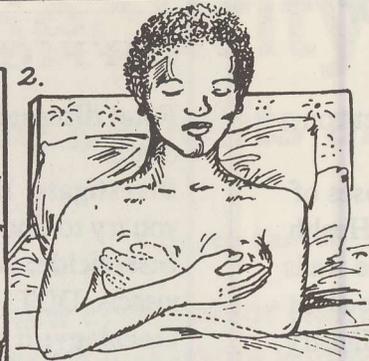


**EXAMINE YOUR BREASTS EVERY MONTH
AFTER YOUR PERIOD**



1. LOOK AT YOUR BREASTS IN FRONT OF A MIRROR. IF YOUR BREASTS CHANGE IN THE WAY THEY LOOK, YOU MUST GO TO A DOCTOR.



2. LIE IN THE BATH OR LEANING UP IN BED. USE YOUR RIGHT HAND TO FEEL YOUR LEFT BREAST, AND THEN YOUR LEFT HAND TO FEEL YOUR RIGHT BREAST.



3. START AT THE OUTSIDE OF YOUR BREAST. ROLL THE BREAST UNDER YOUR FINGERTIPS, MOVE DOWN AND INWARDS UNTIL YOU HAVE FELT ALL OF YOUR BREAST. DON'T FORGET TO FEEL OVER THE NIPPLE



4. IF YOUR BREASTS ARE BIG THEN USE BOTH HANDS TO EXAMINE. ROLL YOUR BREAST BETWEEN YOUR FINGERTIPS.

SPEAK

Liesbet's Story

Liesbet Goases is a 30 year old woman working as a waitress at a restaurant in the city. She is a state patient. In talking to her it became apparent that it is a long process to get a diagnosis as a state patient.

"I felt so weak when the doctor told me I had breast cancer. I felt like dying. I wept for days especially when I looked at my children because nobody is going to take care of them when I die.

A week after a part of my breast was removed the doctor told me the cancer had spread to my liver and kidneys. I have four children

and the youngest is a year and eight months old. I went to the hospital in August last year because of a lump in my breast and the baby didn't want to drink from that breast. I had burning pains in the breast.

At the hospital they gave me pain



Liesbet Goases is bravely hanging on to her life.

pills and said to come back when the lump got bigger. Only in May this year the lump was removed.

I receive chemotherapy once in every three weeks. I am very ill after the treatment. I vomit. I go on a Friday so that I can go to work on Monday again. All my hair had fallen out. I keep on thinking about death. My hands and nails have become pitch black because of the treatment.

Often I do not have taxi money for going home after treatment. Then I have to walk home. I live with my parents who are pensioners in a two room house. There is only the kitchen and another room. My four children stay with me.

My husband and I do not live together anymore. We got married when I was 19 expecting my first born. He drinks and gambles all his money. He works for the state and gets over R600 per month. I earn R343 per month. When I ask him for money for the children he says he will help but he never does. Last month I waited

for him outside the liquor store and took R120 off him to pay the pharmacy.

I ask God to save me from this disease. I am heart broken. What is going to happen to my children?" ●