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*This information is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents do not necessarily reflect the views of USAID or the United States Government.*





## BREAST HEALTH WORKSHOP – POST-TEST

1. Name the three steps to breast health:  
a) \_\_\_\_\_ d) don't know \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_
2. How often should women perform breast self-examination (BSE)?  
 Twice a month  
 Every month  
 Every quarter  
 Every 6 months  
 Every year  
 Every 2 years  
 Don't know
3. Name two parts of BSE:  
a) \_\_\_\_\_ c) don't know \_\_\_\_\_  
b) \_\_\_\_\_
4. When is the best time, during the period cycle, to perform BSE? (*Specify*):  
\_\_\_\_\_
5. When is the best time for a woman, who no longer has period, to perform BSE?  
(*Specify*): \_\_\_\_\_
6. At what age a woman should start to perform BSE on regular basis?  
(*Specify*): \_\_\_\_\_
7. When is the best time to perform BSE by a breastfeeding mother? (*Specify*):  
\_\_\_\_\_
8. What is the best position to perform BSE?  
Standing:    
Lying:    
Don't know
9. What is a correct way to perform BSE? (*Check appropriate answers*):  
 use one finger  
 use two fingers  
 use three fingers  
 use tips of fingers  
 use pads of fingers  
 make one deeper dime-sized circle  
 make two dime-sized circle (one slight and one deeper)  
 make three dime-sized circle (one light, second medium and third deep)  
 don't know