

BREAST SELF - EXAM



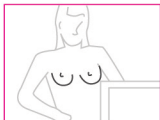
IN THE SHOWER

- With fingers flat, move hand gently over every part of each breast.
- Use right hand to examine left breast, left hand for right breast.
- Check for any lump, hard knot or thickening



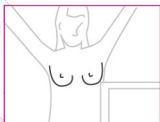
LYING DOWN

- Put pillow under right shoulder.
- With fingers flat, press gently in small circular motion; then squeeze nipple.
- Check for discharge and lumps.



BEFORE A MIRROR

- Inspect your breasts with arms at your sides.
Next, raise your arms high overhead.
- Look for any changes in contour of each breast: a swelling, dimpling of skin or changes in the nipple.
- Then rest palms on hips and press down firmly to flex your chest muscles.
- Left and right breast will not exactly match – few women's breast



Repeat exam same time each month.

Check for any abnormalities and report them to a physician.

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