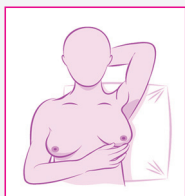




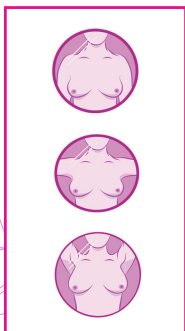
IN THE SHOWER

- 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 left hand and fingers flat, press gently in small circular motion to right breast; then squeeze nipple.
- Check for nipple discharge and lump, hard knot or thickening. Then repeat process on left breast.



IN FRONT OF MIRROR

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

**Repeat the breast self-exam at the same time each month.
Check for any abnormalities or changes to your breasts
and report them to a physician.**

Visit www.tigerlilyfoundation.org to learn more about our programs, resources, and how to partner or donate.

888-580-6253

info@tigerlilyfoundation.org

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**Early Detection
Tips Here**

