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 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

@tigerlily.Foundation @tigerlilycares
@tigerlilyfoundation

Early Detection Tips Here