

BREAST SELF-EXAM

Performed monthly



FEEL YOUR BREASTS WHILE LYING DOWN

Using your finger pads, move around the breast in a circular motion. Apply different levels of pressure. Check entire breast, from top of the abdomen up to collar bone, from armpit to cleavage.

CHECK FOR ANY CHANGES IN HOW YOUR BREASTS FEEL

Notice any lumps, tenderness, thickening, or itchiness.



LOOK AT YOUR BREASTS WHILE STANDING IN FRONT OF A MIRROR

Visually examine your breasts while standing straight with your hands on your hips.



CHECK FOR ANY CHANGES IN HOW YOUR BREASTS LOOK

Notice any unusual size, shape, or color: dimpling, scales, pitting, swelling, enlargement of pores.



CHECK FOR ANY NIPPLE CHANGES

Notice inverted, or inward nipples, or unusual discharge that is clear, bloody, or milky (if not breast feeding).



REPEAT IN THE SHOWER

Many women find it easier to detect abnormalities when their skin is slippery or wet.

If you detect potential symptoms:

DON'T BE ALARMED. DO CALL YOUR DOCTOR. MOST SYMPTOMS ARE NOT CAUSE FOR PANIC, BUT IT IS IMPORTANT TO GET THEM CHECKED OUT.