

Step By Step Guide to Breast Self-Exam

The best protection is early detection



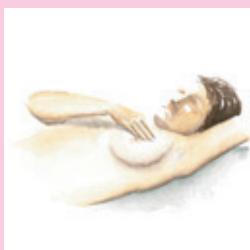
In The Shower

Raise the right arm above the head and place the right hand behind the head. Feel the breast with the pads of the index and middle fingers, moving in increasingly smaller circles from the outside inward. Compress gently, feeling for lumps. When circling the nipple, look for changes or discharge. Repeat the exam with the left breast using the right hand.



Before A Mirror

With hands at sides, look for changes in the shape, size or skin texture of your breasts. Raise arms above head and check again for changes. Also check nipples for any crust or discharge.



Lying Down

Lie down with a pillow or folded towel under the right shoulder and place the right arm behind the head. Check the entire breast and armpit area using the pads of the first three middle fingers on the left hand to feel for lumps, changes, or irregularities in the right breast. Press firmly enough to know how the breast feels. A firm ridge in the lower curve of each breast is normal. The exam should then be repeated on the left breast, using the finger pads of the right hand (the pillow or folded towel should also be moved under the left shoulder at this time).