

Your Personal Guide to a Monthly **BREAST SELF EXAMINATION**

IN THE SHOWER:



Examine the entire area of each breast in the bath or shower, since fingers glide more easily over wet skin.



Check for any lump or thickening by moving your fingers in a spiraling motion towards the nipple.

BEFORE A MIRROR:



First, inspect your breasts with your arms overhead. Look for any changes, such as dimpling or swelling.



Second, place your hands on your hips and flex your chest muscles. Again, look for any changes.

LYING DOWN:



To examine your right breast, place a pillow or folded towel underneath your right shoulder and place your right hand behind your head. Imagine that your breast is a clock face. With fingers flat, press the breast in small circular motions at each hour position. Then squeeze the nipple. Any discharge should be promptly reported to your physician.

Repeat for the left breast.