

BREAST SELF-EXAM



PERFORM BREAST SELF-EXAMS
AT LEAST ONCE A MONTH

1 IN FRONT OF THE MIRROR



With arms at your side, visually inspect your breasts, checking for changes in their usual size, shape, and color. Raise your arms overhead. Look for swelling or dimpling of the skin, changes in breast contour, and nipple discharge.



2 IN THE SHOWER

Slowly move the pads of your fingers in small circular motions around the entire breast. Work your way from the armpit to the nipple, checking for lumps, thickened tissue or hardened knots beneath the skin.

3 IN BED

Lying down in bed, gently move the pads of your fingers in small circular motions covering the entire breast area and armpit. Alternate between light, medium and firm pressure. Squeeze the nipple, checking for discharge.

