

How to perform a routine self **BREAST EXAM**



1



Look at your breasts in a mirror with arms by your sides and then with arms raised.

You should be looking for any skin changes such as dimpling, puckering, redness, change in your nipple, or anything coming out of them (and you're not breast feeding).

2



Feel your breasts while lying down.

Use the opposite hand to examine each breast with two fingertip pads, using small circular motions and covering the entire area of the breast (from outer arm pits to the nipples, across to the space in between your breasts, and vertically from your collarbone to below the breasts).

3



Feel your breasts while standing up.

This is easiest done in the shower especially with a little soap over the area which makes fingers slide over the tissue and lumps easier to feel.



REMEMBER: Complete your self-exam monthly and call your doctor with any concerns.