



## HOW TO PERFORM YOUR MONTHLY SELF-EXAM

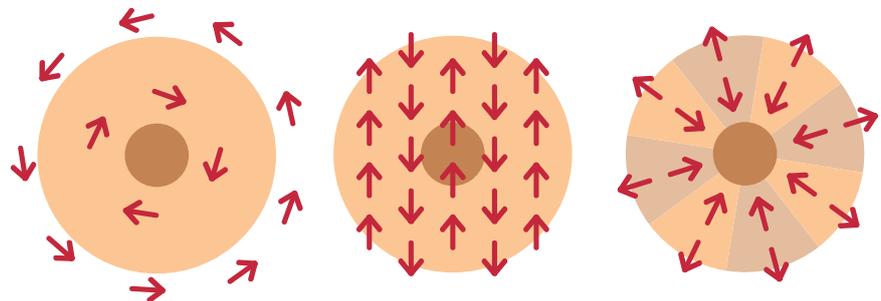
Breast self-examination can detect up to 70% breast abnormalities.

**The power is in your hands!** Check your breasts 6 days after your period (or on the first day of the month, if you no longer have periods)



### IN THE SHOWER

- Put your hand behind your head to make sure the breast tissue is properly spread out.
- Soapy fingers glide easily over wet skin in the shower. Use your fingers pads to examine one breast at a time. Don't miss any area, including behind the nipple, breastbone, collarbone, upper chest, bra line, between the breasts and the armpit.



- Using the pads of your three fingers, move around the breast in a circular motion, up and down in a line, or a wedge pattern checking for any lump, hard knot, or thickening. Use various amounts of pressure to feel breast tissue at different levels. Be sure to check the whole breast including the upper and outer part toward the armpit.





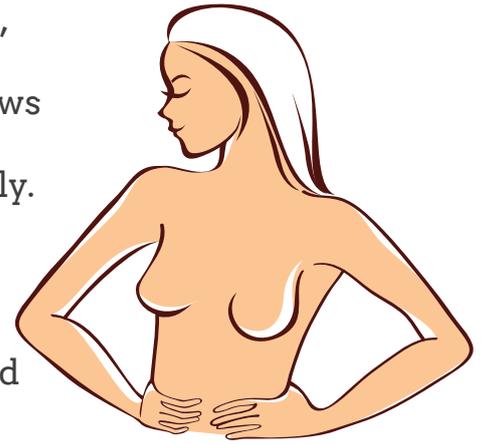
## IN THE MIRROR

*Look in the mirror for the unusual:*

- Nipple retraction
- Redness or scaling
- Dimpling or puckering
- Nipple discharge
- Changes in your breast shape

• Lean toward the mirror, hand on your hips, pull your shoulders and elbows forward with a hugging motion and look carefully. *Look again bending forward at the waist.*

• Raise your hands behind your head to see the underside of your breasts.



## LYING DOWN

Before you go to sleep at night, lie on your back with an arm over your head and a towel under your shoulder. Repeat your lines, circles and wedges to feel for unusual lumps, masses or thickening under the skin. Lotion or powder makes your fingers glide easier.



## BREAST CANCER. WARNING SIGNS.

- A lump, hardness or thickening
- Swelling, warmth, redness or change in color
- A change in size or shape
- Dimpling or puckering of the skin
- An itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or other parts of the breast
- Nipple discharge
- New pain in one spot that does not go away

**SEE YOUR DOCTOR IF YOU NOTICE ANY OF THESE CHANGES IN YOUR BREASTS.**

