

Breast Self Exam

The best time to do a breast self-exam is the week after your period when your breasts are not tender or swollen. Whichever practice you will know how your breasts normally feel and you will be able to find changes.

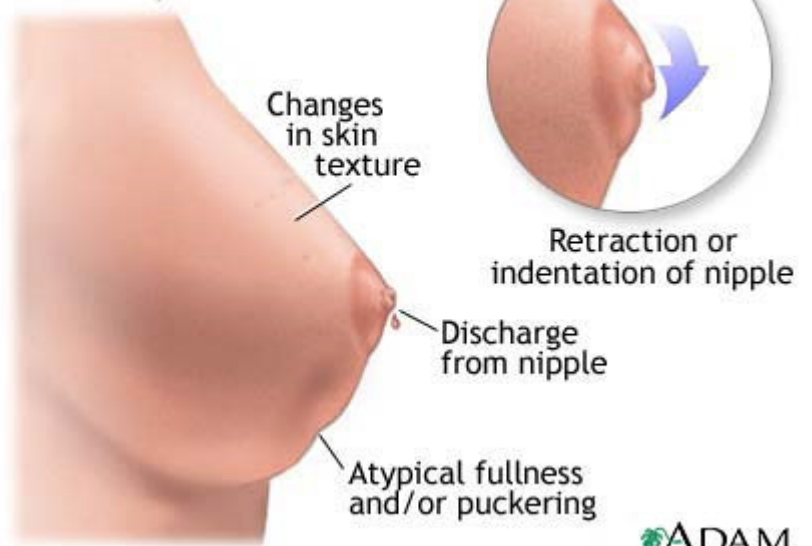
Look at your breasts in the mirror with your hands on your hips

- ✓ Do they look similar? Most do not match exactly but there should not be a big change from month to month.
- ✓ Are there any dimples, swelling or changes in the skin?
- ✓ Raise your arms high over your head and look at how your breasts move. Is there any pulling or puckering?

Lie on your bed and put one arm over your head

- ✓ Using the opposite hand, press on your breast with your fingers flat.
- ✓ Move around the breast and cover the entire area from your collarbone to below the breast and from your sternum (breastbone) to your side under your arm. Use the same pattern every time. Some women like a circle pattern, others like up and down.
- ✓ Squeeze the nipple gently to check for discharge.
- ✓ Repeat the entire process on the other breast.
- ✓ Try this method in the shower while standing. Some breast changes can be felt more easily when you are wet and soapy.
- ✓ See your health care provider if you find anything new or if you have questions about doing the exam.

Breast self-exam:
Visual inspection



For more information:

- ✓ American Cancer Society. Call (800) ACS-2345 or go to www.cancer.org
- ✓ Harvard Center for Cancer Prevention. Go to www.yourcancerrisk.com
- ✓ National Cancer Institute. Call (800) 4-Cancer or go to www.cancer.gov
- ✓ KidsHealth. A great site for parents, kids, and teens. Go to www.teenshealth.org/teen/your_body/medical_care/obgyn.html
- ✓ Nutrition Action Health Letter. Go to www.espinet.org