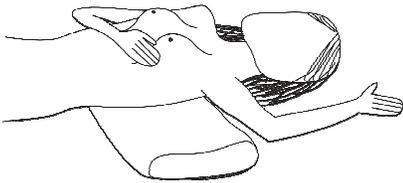
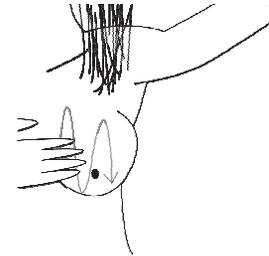


## **How do I perform a breast self-exam?**

There are two steps to performing your breast self-exam...Lying down, and standing in front of a mirror. Both steps are equally as important and should be a part of your monthly routine.

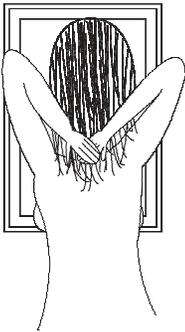


To check your breasts lying down, you'll want to find a comfortable position where you can place a pillow under your back. To begin, lie down and place a pillow under your left shoulder and raise your left arm above your head.



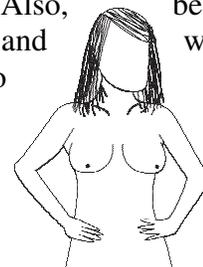
Carefully inspect your left breast using your right hand. Be sure to press on your breast using light, medium, and firm pressure in a small circular motion. Check your chest anywhere that breast tissue may be found...from the breastbone to the armpit and collarbone to bra line. Be sure you don't lift your fingers while checking your breast for any changes in shape, size, and tenderness. When complete, move the pillow under your right arm, and repeat the exercise using your left hand to check your right breast.

-- This exercise can be repeated when showering or bathing with soapy hands.



Checking your breasts in front of the mirror is an easy and fast way to become familiar with the way your breasts look. Being familiar with the shape, size and tenderness of your breasts can help keep you aware of any changes. This step includes visual observation of changes in your breasts.

Begin by standing in front of a mirror with your hands down at your sides. Look at both breasts to see if you notice any changes in size or shape. Then, raise your arms above your head and notice any changes in breast shape or size. Also, be sure to note any changes in texture or skin color in each position and while changing positions. Next, press your hands down on your hips to tighten your chest muscles. Again, observe any changes in breast size or shape. Lastly, stand with your hands on your hips and bend at the waist. During this step you'll want to check for any change in shape and size, but also for any dimpling of the breast.



These steps take an average of 10 minutes per month, but are critical in the early detection of breast cancer. You are your own best advocate. Become familiar with the shape and size of your breasts as well as any tenderness you may experience.

## **If you notice any of these signs, please contact your healthcare professional...**

- Change in size or shape of your breast
- Swelling, redness, darkening or warmth in your breast
- Sudden nipple discharge
- Puckering or dimpling of any area of your breast
- Steady pain in the area of your breast
- A sudden inversion of your nipple
- A lump, hardening or thickening of your breast