

Breast Health

Instructions for Breast Self Examination

Feel Lying Down

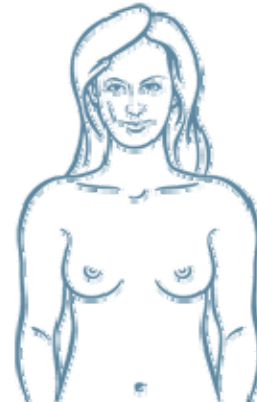
1. Lie flat on your back with your left arm at a right angle and a pillow or folded towel under your left shoulder. This position spreads breast tissue more evenly over the chest wall.

2. Using the pads of the three fingers of your right hand, move your hand in small circular motions (about the size of a dime) in downward stripes until you have covered the entire breast. The examination area extends down from the middle of the armpit to just beneath the breast, continues across the underside of the breast, up the middle of the chest to the collarbone and back to the middle of the armpit. A cream or lotion allows the fingers to move more smoothly over the breast. Be sure you include the area beneath the nipple. Remember, you are feeling for any changes compared to previous exams. Now repeat the procedure on the right breast.

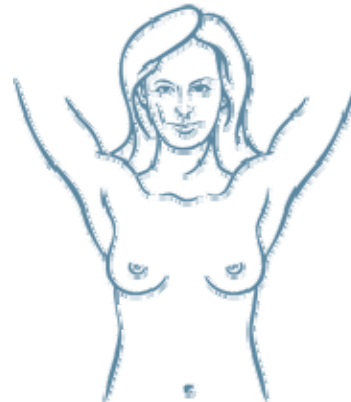


Look Facing a Mirror

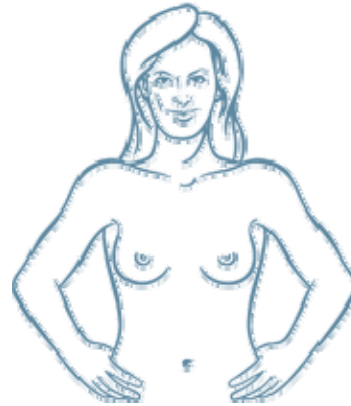
1. With your arms relaxed by your side, look at your breasts. What you are looking for is any change in shape, size, color or contour, dimpling, puckering or nipple discharge.



2. Raise your hands over your head and again look for any changes.



3. Next, rest your palms on your hips, press down firmly to flex your chest muscles and roll the shoulders slightly forward. Few women have breasts that both look alike. You are looking for changes from what is normal for you.

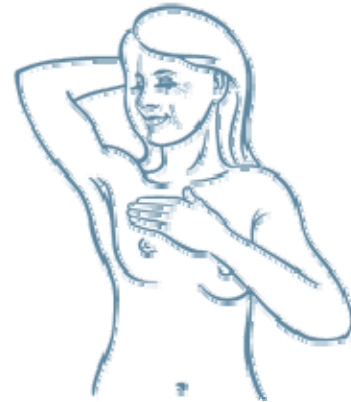


4. Now bend forward with your arms relaxed and again look for changes.



Feel While Showering

1. Using a wet soapy hand, with your fingers flat, sweep the chest wall from the collarbone to the nipple. Three downward strokes should cover the entire breast. Remember, you are feeling for any lumps, thickening or changes compared to previous exams. To check under the arm, place one hand on your hip and roll your shoulder slightly forward. Using your opposite hand, feel up into the armpit. You are feeling for something that feels like a pinto bean or kernel of corn.



2. Now cup the breast firmly between both hands. Let the fingers of your upper hand gently walk across the breast in a semicircle. Repeat procedure on the opposite breast.

