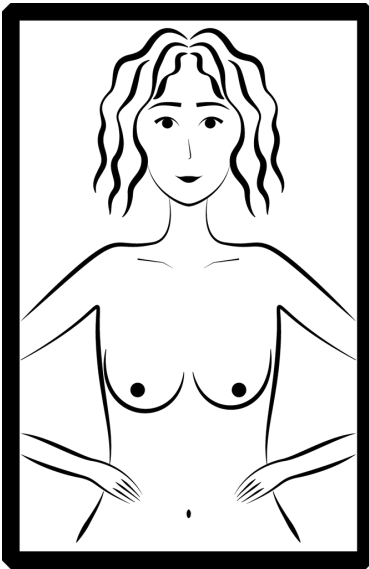


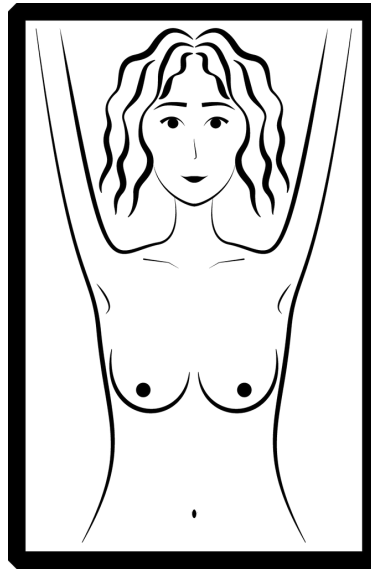


# Breast Cancer Self Exam

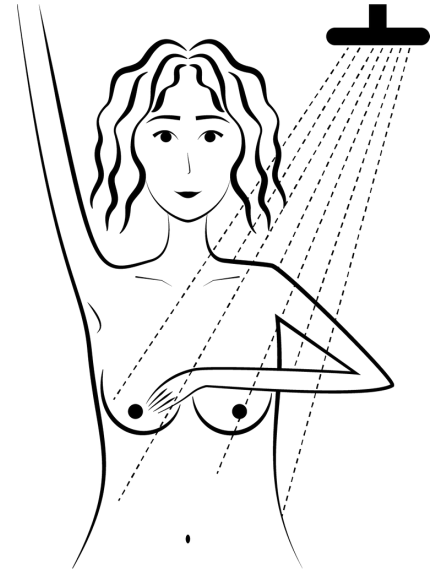
Adult women should perform breast self-exams at least once a month. Breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.



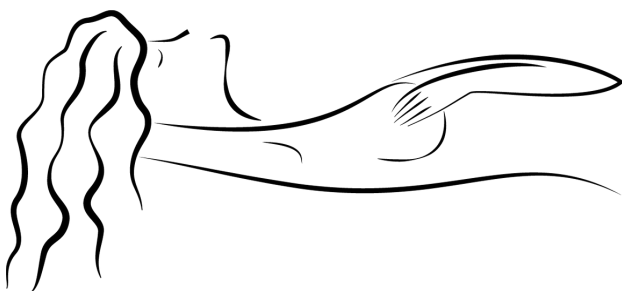
By looking at your breasts in the mirror with your shoulders straight and your arms on your hips look for any changes in the contour, redness, soreness, rash or swelling, any puckering, bulging, or dimpling of the skin or changes in the nipples.



While you're at the mirror, raise your arms and look for the same changes described in the first step. Also, look for any signs of fluid coming out of one or both nipples.



While in the shower, using the pads of your fingers, move around your entire breast from top to bottom, side to side checking the entire breast and armpit area feeling for any lump, thickening, or hardened knot.



Lie down and place a pillow under your right shoulder and your right arm behind your head. Using your left hand, with the first few finger pads of your hand, keeping the fingers flat and together, move around your right breast gently in small circular motions covering the entire breast area and armpit. Cover the entire breast from top to bottom, side to side — from your collarbone to the top of your abdomen, and from your armpit to your cleavage. Use light, medium, and firm pressure. Squeeze the nipple, check for discharge and lumps. Do the same for your left breast.