

How to Give Yourself a Breast Exam

Do it monthly.

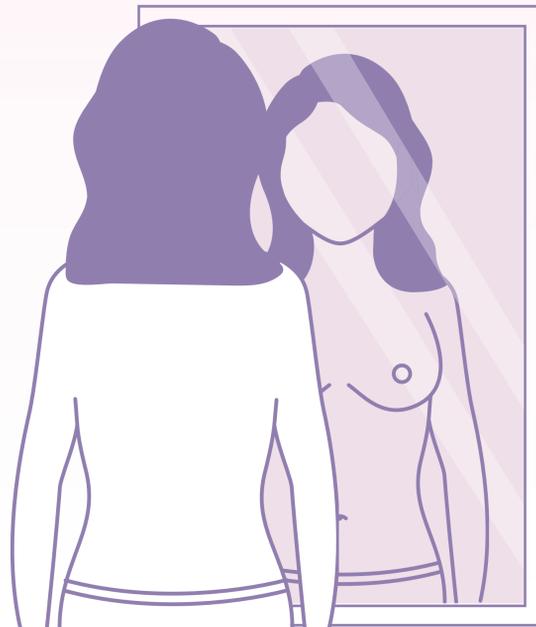
First, look in the mirror.

Raise your arms and rotate your torso from side to side.

Then, put your hands on your hips, flex your chest muscles and rotate your torso from side to side.

Look for

- Changes in the skin such as dimpling, flattening, color changes or rashes, or different textures.
- Differences between your two breasts, such as size or texture.
- Changes in the nipple, such as redness, inflammation or discharge.



Then, take a feel.

First laying down, then sitting up.



Use the pads of your index, middle and ring fingers to feel the entire surface area of your breasts with light pressure, then heavier pressure.

Feel up to your collar bones, down to where the underwire of your bra would sit and into your armpits.

Feel for

- Masses with a top, bottom, left and right side.
- Differences between your two sides.
- Areas that may be painful or hot.

See (or feel) something?

Call your physician.