

# Breast Self Examination

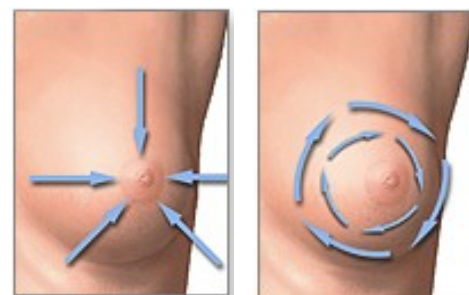
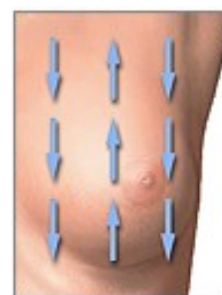
## Lying Down:

(This the most effective way to feel your breast Tissue)

1. To examine your right breast, lie on your back and put your right arm behind your head.
2. Choose one of the three patterns shown.
3. With the finger PADS (not fingertips) of the three middle fingers of your left hand, apply three levels of pressure (light, then medium, then firm) in overlapping dime-sized circular motions to feel your entire breast tissue, including your underarms. Check for lumps and thickenings.
4. Repeat the exam with your left breast, using the finger pads of your right hand.



### The three patterns of Examination:



## In front of a Mirror:

1. Stand with your hands firmly pressing down on your hips and look for changes in the shape, size or skin texture of your breasts.
2. Check our nipples for changes, including discharge.



## Standing or Sitting:

Examine each underarm with your arm only slightly raised.

## In the Shower:

1. Examine your breasts using the same pattern and technique as in the lying down exam.
2. Use your right hand for your left breast, left hand for your right breast.

