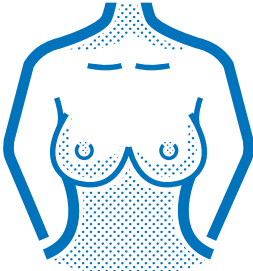




Performing a Breast Self-Exam

Regularly examining your breasts can be an important way to catch breast cancer early and when the disease is easiest to treat.



STEP 1

Step 1

Look at your breasts in the mirror with your shoulders straight and your arms on your hips. Make sure your breasts are their usual size, shape, and color.

Things you should look for:

- Visible distortion or swelling of all or part of a breast.
- Skin dimpling, puckering or orange-peel-textured appearance.
- Redness, dryness, flaking or thickening around the nipple or breast.
- Change in position or an inverted nipple.



STEP 2

Step 2

Raise your arms and look for the same changes from step 1.



STEP 3

Step 3

Look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).



STEP 4

Step 4

Lie down on your back and lift one arm over your head. Examine your breasts using your right hand to feel your left breast and your left hand to feel your right breast.

With a firm and smooth touch, move in a large circular motion while keeping the fingers flat and together.

Using varying levels of pressure, 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.

Things to feel for:

- A hard lump or knot near your underarm.
- Changes in the way your breasts feel, including pain or a prominent fullness that is different from surrounding tissue.

Be sure to discuss any **abnormal findings with your doctor.**