

KNOW YOUR BREASTS

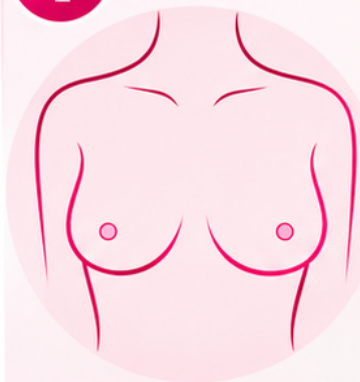
SELF BREAST EXAM

A SIMPLE STEP TOWARD EARLY DETECTION

Get to know
what's normal
for you.
**Check your
breasts regularly.**

1

LOOK IN THE MIRROR



With your arms at your sides, look for changes in the size, shape or appearance of your breasts.

Check for:

- Changes in size or shape
- Swelling
- Dimpling or puckering
- Redness or rash
- Changes in the nipple (inward turning)
- Any visible lumps

2

RAISE YOUR ARMS



Raise your arms overhead and look for the same changes. Observe both breasts.

3

CHECK YOUR NIPPLES



Gently press each nipple and check for any discharge (liquid).

Note:

Any discharge (other than breast milk) should be discussed with a healthcare provider.

4

CHECK LYING DOWN



Lie on your back with a pillow under your right shoulder and your right arm behind your head. Use the pads of your three middle fingers to feel your breast in a small circular motion.

Use light, medium, and firm pressure to feel all layers of tissue:

- Light pressure — just under the skin
- Medium pressure — middle tissue
- Firm pressure — deep tissue near the ribs

5

USE A PATTERN



Vertical

Move your fingers up and down, covering the entire breast.

Horizontal

Move side to side, covering the entire breast.

Circular

Move in small circles from the nipple outward to the outer edges.

6

CHECK YOUR ARMPITS



While lying down or in the shower, use the same finger pressure to feel your armpit area. Check for any lumps or thickening.

WHAT IS NORMAL?

Breasts can feel lumpy or uneven, and it's common for them to change with your menstrual cycle, age, hormones, and weight. The goal is to know what's normal for you so you can notice any new changes.

WHEN TO CONTACT A HEALTHCARE PROVIDER

Contact your healthcare provider if you notice:

- A new lump or thickening
- Changes in size or shape
- Pain that doesn't go away
- Nipple discharge (other than breast milk)
- Skin changes (redness, rash, dimpling)
- A nipple that turns inward
- Swelling in the breast or armpit
- Any change that is new or unusual for you

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