

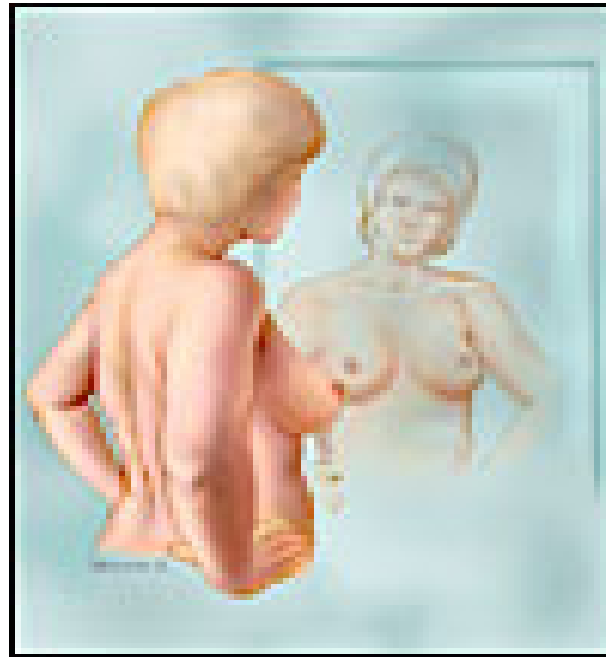


# Breast Cancer Awareness



# Self examination - Step 1

- ▶ Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.
- ▶ Here's what you should look for:
- ▶ Breasts that are their usual size, shape, and color.
- ▶ Breasts that are evenly shaped without visible distortion or swelling.
- ▶ If you see any of the following changes, bring them to your doctor's attention:
- ▶ Dimpling, puckering, or bulging of the skin.
- ▶ A nipple that has changed position or become inverted (pushed inward instead of sticking out).
- ▶ Redness, soreness, rash, or swelling.





## Steps 2 & 3

- ▶ Raise your arms and look for the same changes.
- ▶ While you're at the mirror, gently squeeze each nipple between your finger and thumb and check for nipple discharge (this could be a milky or yellow fluid or blood).





## Step 4

- ▶ Cover the entire breast top to bottom, side to side
- ▶ from collarbone to the top abdomen, and from armpit to cleavage.
- ▶ Feel your breasts while lying down,
- ▶ Use right hand to feel your left breast and then your left hand to feel your right breast
- ▶ Use a firm, smooth touch with the first few fingers of your hand, keeping the fingers flat and together.
- ▶ Feel under your axillae with your arm down





## Step 5

- ▶ Finally, feel your breasts while you are standing or sitting.
- ▶ Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower.
- ▶ Cover your entire breast, using the same hand movements described in Step 4.

