

HOW TO DO A BREAST SELF-EXAM

Breast self-exams should be performed monthly in three ways...(1) lying down; (2) standing up; and (3) in front of a mirror.



(1) Lying down - Place a small pillow under your shoulder blades. Place your right arm above and behind your head. Use your left hand, middle three fingers, to examine the right breast. Begin with light touch and increase to a more firm touch to feel deeper tissues. Go over the entire area of the right breast including the armpit. Use a specific pattern to cover the area (either circular, up-and-down, or wedge pattern). Use the same pattern every month. Repeat on the other side, placing the left arm above and behind the head and examining with the right hand over the left breast area including the armpit.



(2) Standing up - Women often prefer to do the standing exam in the shower. Place your right arm above and behind your head. Use your left hand, middle three fingers, to examine the right breast. Begin with light touch and increase to a more firm touch to feel deeper tissues. Go over the entire area of the right breast including the armpit. Use a specific pattern to cover the area (either circular, up-and-down, or wedge pattern). Use the same pattern every month. Repeat on the other side, placing the left arm above and behind the head and examining with the right hand over the left breast area including the armpit.



(3) Mirror exam - In front of a mirror, inspect your breasts with your arms at your sides, with your hands on your hips flexing your chest muscles, with your arms over your head, and bending forward with your hands on your hips. Examine from the front and each side. Examine for discoloration, puckering or pulling of the skin, inversion of the nipples, swelling, or difference in size (normal breasts are often different in size). Examine each nipple for any skin scaling. Squeeze each nipple to determine if any discharge is present. Report any discharge immediately to your physician.

MONTHLY BREAST SELF-EXAM PERFORMED											
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
YEARLY CLINICAL EXAM PERFORMED						YEARLY MAMMOGRAM PERFORMED					