



Performing a Self-Breast Exam

Lying down:

- Put a pillow under your right shoulder.
- Place your right arm behind your head.
- Using the pads of your middle three fingers on your left hand, feel around the tissue for lumps. Employ overlapping, dime-sized circular motions.
- Check the entire breast. Apply an up-and-down pattern when moving around the breast. Finish by moving across the chest to the chest bone.
- Squeeze the nipple to check for discharge or lumps.
- Repeat the above steps for the other breast.

Standing in front of the mirror:

- Start with your hands down at your sides.
- Look at both of your breasts to note any changes in size or shape. Also check the color and texture of your skin.
- Repeat these steps with your arms in the air.
- Repeat the steps while pushing down on your hips so that your chest muscles tighten.
- Examine your breasts while bending at your waist, with your hands on your hips to check for any dimpling of the skin.

Report the following changes to your doctor:

- A lump or thickening in or near the breast.
- A change in the size and shape of the breast or that the nipple has been turned inward.
- Red or scaly skin around the breast, areola or nipple.
- Tenderness or discharge in/around the nipple.



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