



HOW TO PERFORM A BREAST SELF-EXAM



Breast self-exams (BSE) lead to breast self-awareness (being familiar with your breasts) so you can report any new changes to a doctor for follow-up.

STEP 1

While looking in the mirror, put your arms on your hips and examine your breast. Look for dimpling, redness, soreness, rash or swelling.

STEP 2

While still looking in the mirror, raise your arms over your head and look for the same changes.

STEP 3

With your arms still over your head, look for any signs of fluid coming out of one or both nipples.

STEP 4

Lying on your back, use your right hand to feel your left breast. Keeping your fingers flat, apply pressure and feel throughout your breast - circular motion around and up-and-down your breast, as pictured.

STEP 5

Repeat step 4 using your left hand on your right breast.
If a lump is found, call your doctor.

