



THE
BREAST CENTER
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Serving you well.

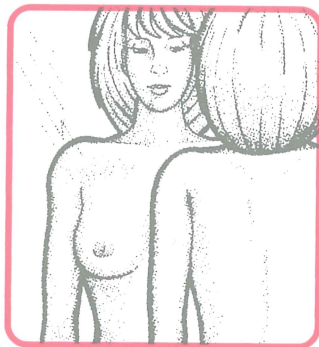
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How to Perform your Breast Self Exam
Look for Changes

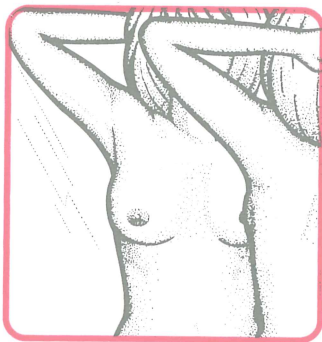
At The Mirror:

(with good light)

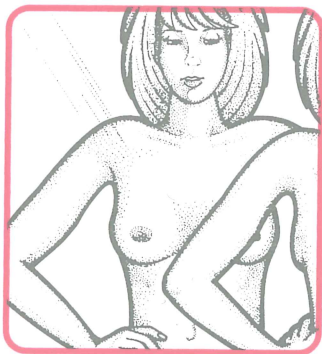
- First . . . relax, sitting or standing, whichever is comfortable.
- With your arms at your sides, look for changes in your breasts -lumps, thickenings, dimples or skin changes.



- Next . . . raise your arms above your head, again, looking for the same changes.



- Now, with your hands on your hips, press down and tense your chest muscles. This will make any changes more prominent.





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Feel for Changes

In the Shower:

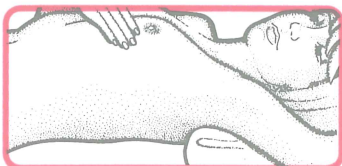
- Start by raising your right arm behind your head.
- With your left hand soaped, fingers held flat together, roll and press the breast firmly against the chest wall.
- Starting at the underarm area, feel a small area of the breast at a time, moving your fingers in small circles. Go up and down in vertical strips until the entire breast has been checked.
- Now repeat, raising your left arm and checking your left breast with your right hand.



Vertical

Lying Down:

- Lie down on your back and get comfortable.
 - Then . . . place a pillow under your right shoulder.
 - Now simply repeat the process you went through in the shower, examining your right breast with your left hand.
 - Move the pillow under your left shoulder and examine your left breast with your right hand.
- And that's all there is to it! But don't forget, if you find a problem, phone your doctor right away.



Remember! Your Breast Self-Exam (BSE) is not complete until you have done all three parts of the exam.