

# THE BREAST CENTER

of GREENSBORO IMAGING

**336-271-4999**

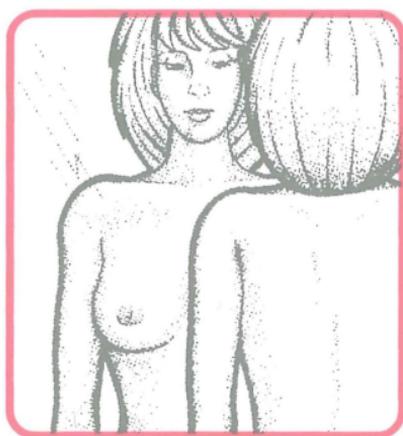
## How to Perform your Breast Self Exam

### Look for Changes

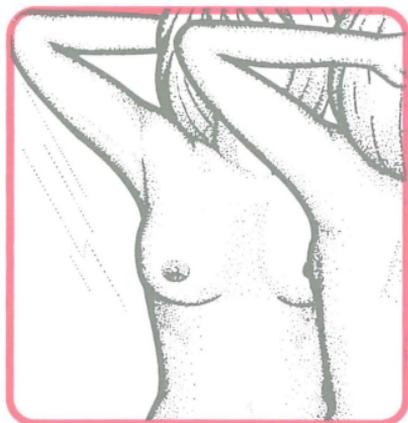
#### At The Mirror:

*(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:

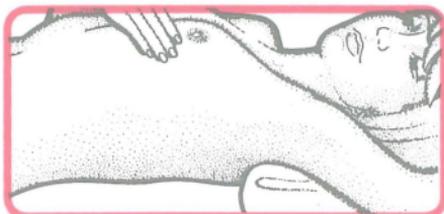
- Start by raising your right arm behind your head.
- With your left hand soaped, fingers held flat together, roll and press the breast firmly against the chest wall.
- Starting at the underarm area, feel a small area of the breast at a time, moving your fingers in small circles. Go up and down in vertical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