All Women Count!
1-800-738-2301

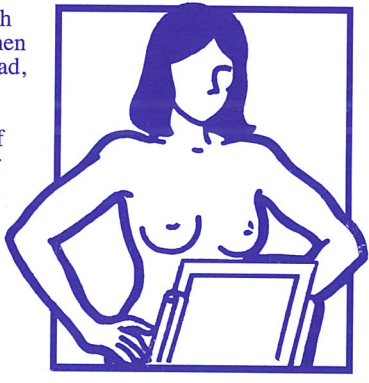
Do it yourself

MONTHLY BREAST SELF-EXAM

In the shower.
Raise one arm.
With fingers flat, touch every part of each breast, gently feeling for a lump or thickening. Use your right hand to examine your left breast, your left hand for your right breast.

Before a mirror. With arms at your sides, then raised above your head, look carefully for changes in the size, shape, and contour of each breast. Look for puckering, dimpling, or changes in skin texture.

Gently squeeze both nipples and look for discharge.



Turn Over For Further Instructions

Lying down. Place a towel or pillow under your right shoulder and your right hand behind your head. Examine your right breast with your left hand.

Fingers flat, press gently in small circles, starting at the outermost top edge of your breast and spiraling in toward the nipple. Examine every part of the breast. Repeat with left breast.

With your arm resting on a firm surface, use the same circular motion to examine the underarm area. This is breast tissue, too.

"This self-exam is not a substitute for periodic examinations by a qualified physician."

© 1987 Albert Einstein Healthcare Network, Philadelphia, PA 19141
Printed exclusively under license agreements by Pilgrim- 78100 All Rights Reserved