

The **ABC**^s of breast health

A adult women of all ages are encouraged to perform breast self-exams *at least* once a month. Breast self-exams help you to be familiar with the look and feel of your breasts.

Breast self-exams can be done in three ways:

1. In the shower
2. In front of a mirror
3. Lying down

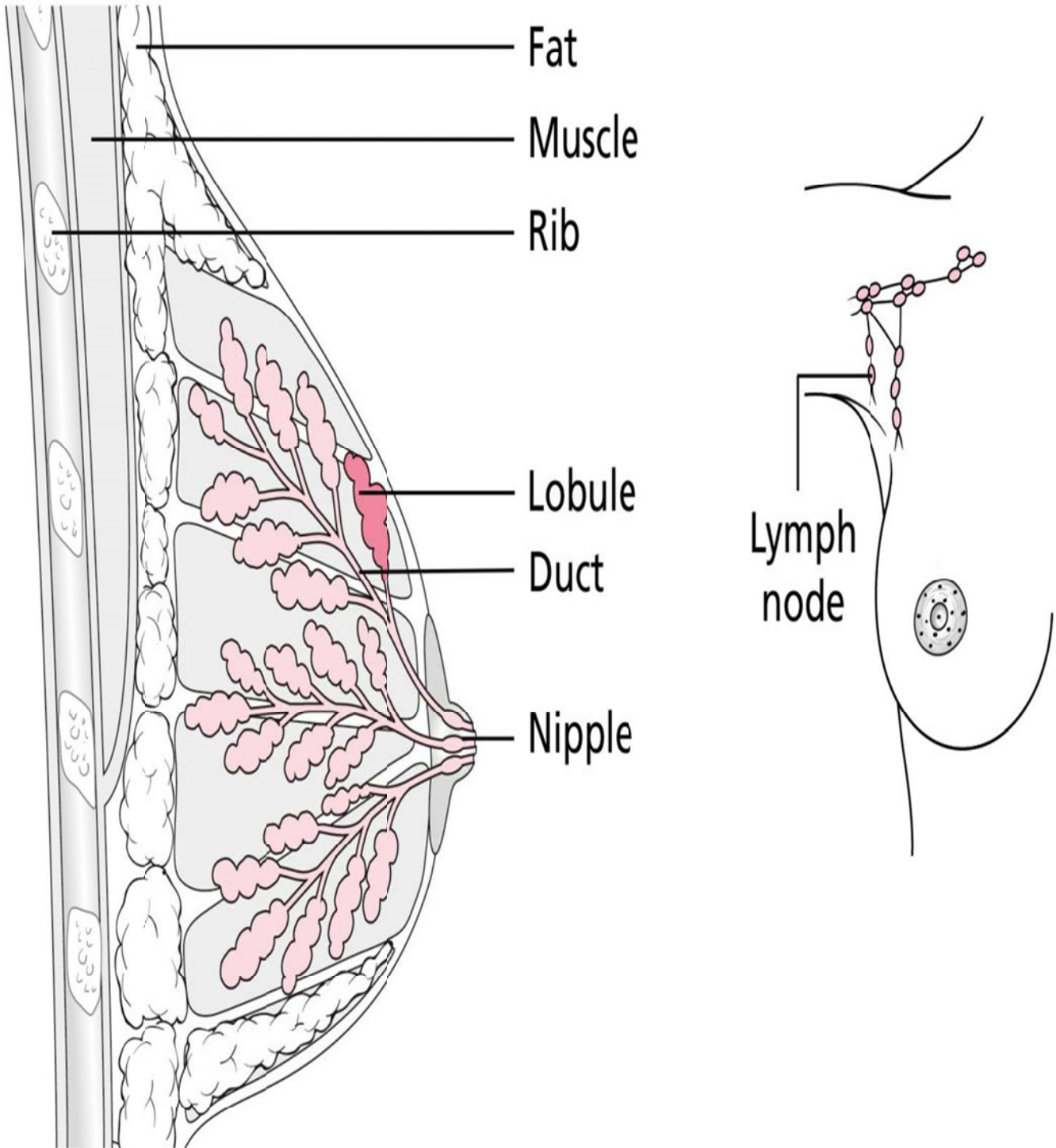
Look for changes in the shape, size or appearance of your breasts. Left and right breasts will not exactly match so look for any dimpling, swelling, or changes, particularly on one side.

Contact your healthcare provider if there are any changes. Remember, breast self-exams are **not** a substitute for screening mammograms. It is recommended that a woman over the age of 40 should get a clinical breast exam once a year. If you have a history of breast cancer in your family or other concerns about your personal risk, you should consult your health care provider.

KEY FACTS ABOUT BREAST CANCER

- **MOST COMMON MALIGNANT FEMALE CANCER**
- **VERY TREATABLE IF DIAGNOSED EARLY**
- **SELF-EXAMINATION IS VERY IMPORTANT; WEEK FOLLOWING MENSES AND WHILE BATHING IDEAL**
- **HAVING CHILDREN EARLY CAN REDUCE THE RISK OF BREAST CANCER**
- **NOT HAVING CHILDREN INCREASES THE RISK OF GETTING BREAST CANCER**
- **BREASTING FEEDING ALSO REDUCES THE RISK OF BREAST CANCER.**
- **HIGH FAT DIET PREDISPOSES ONE TO BREAST CANCER**
- **BREAST CANCER CAN OCCUR IN MALES**

THE BREAST



Breast Self-Exam



Step 1

While looking in the mirror, visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipple.



Step 2

Rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.



Step 3

While lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.



Step 4

Feel up and down your breasts, first with a soft touch, then increase the pressure. Feel for changes from top to bottom and side-to-side. Cover your entire breast and don't miss any tissue.