



LIVE BETTER. Don't forget your MONTHLY breast self-exam

SHOWER CHECK- While in shower, raise your right arm. Use the three middle fingers on your left hand (with fingers flat) to touch every part of your right breast. Feel gently for lumps or thickening. Then raise your left arm and use the three middle fingers of your right hand to examine your left breast.

MIRROR CHECK- Standing in front of mirror, place your arms at your sides and look carefully for changes in size, shape, and contour of each breast. Look for anything unusual- discharge, puckering, dimpling or changes to skin texture. Gently squeeze both nipples and look for discharge. Then raise both arms above your head and repeat.

BED CHECK- Lying down, place a towel or pillow under your right shoulder and your right hand behind your head. Examine every part of your right breast with your left hand. Repeat with left breast, using your right hand.

UNDERARM CHECK- While standing rest your straightened arm on a firm, shoulder height surface and use the same method of choice to examine underarm area.

You can choose one of the following patterns to examine your breast, but its best to use the same method every time so you'll notice changes.



Congratulations on taking a step toward good breast health! Do Self-Exam each month to be aware of changes in your breasts, and if you find any, see your doctor.