

Monthly Self Breast Exam

Step 1 – In the lying position

- Place a pillow under right shoulder with right arm behind your head. Move the 3 middle fingers of left hand around right breast feeling for lumps. Be sure to cover the entire breast area from the outer edges to the nipple. Repeat for the left breast, placing pillow under your shoulder and using fingers of your right hand.

Step 2 – In front of mirror

- In front of a mirror, with your arms overhead, look for:

Skin dimpling

Changes in or discharge from the nipple

Redness or swelling

Step 3 – In the shower

- Repeat breast exam in shower with left arm behind head, using fingers of right hand to feel for lumps in the left breast. Be sure to check entire breast, including the upper and outer areas of the breast toward your armpit. Then, repeat the procedure with right arm behind head, using fingers of left hand to check right breast.

If you see or feel any changes during your examination, contact our office to schedule a visit.