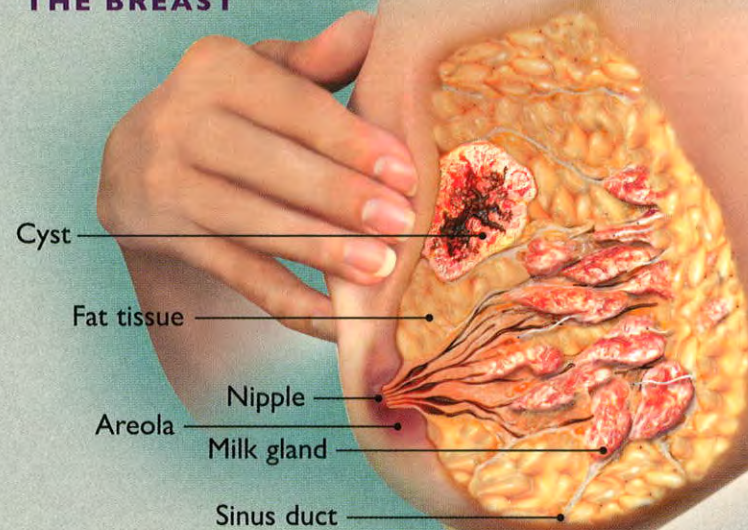


the breast exam

The best time to examine your breasts is one week after your period ends. Postmenopausal women should examine their breasts once a month, preferably the first day of each month. It's important to maintain a consistent self-exam schedule at every age.

The American Cancer Society recommends that beginning at age 20, a breast self-exam should be performed monthly. A breast self-exam is only one step of a 3-part early detection program that includes mammography and clinical breast exams.

THE BREAST



MAMMOGRAM THE BREAST X-RAY

For more information,
visit www.cancer.org

BREAST SELF-EXAM

The following 3 steps should be done once a month:

1. While taking a bath or shower:

- Place your right hand behind your head and glide your left hand gently around your right breast
- Take note of any lump, hard knot, or thickening
- Also check the armpit area (axilla) for any lump, hard knot, or thickening
- Reverse hands and repeat procedure for your left breast and axilla

2. In front of a mirror:

- Take a good look at your breasts with your arms at your sides, then raise your arms overhead
- Look for any signs of swelling, dimpling of the skin, or changes in the nipple

3. While lying flat on your back:

- Place your right arm behind your neck. With your left hand, keeping fingers flat, press gently in small circular clockwise motions, beginning at the axilla and moving toward the outermost top of your right breast
- After you've completed the circle, move an inch toward the nipple and repeat until you've examined every part of your breast
- Finally, gently squeeze the nipple between fingers. Report any discharge to your healthcare professional immediately
- Reverse hands and repeat on left side

Warning signs to report to your healthcare professional

- Lumps in the breast
- Discharge from the nipple (cloudy or bloody)
- Dimpling or puckering, change in texture of the skin
- Abnormal breast pain

