

Your Caring Touch

A Personal Guide to a Monthly Breast Self Examination



In the shower:

Examine the entire area of each breast in the bath or the shower, since fingers glide more easily over wet skin.



Check for lump or thickening by moving your fingers in a spiraling motion towards the nipple.



Before a Mirror:

Inspect your breasts first with arms overhead, then by placing hands on hips and flexing your chest muscles. Look for any changes, i.e., dimpling, swelling.

Lying Down:

To examine your right breast, place a pillow or folded towel underneath your right shoulder and place your right hand behind your head.



With fingers flat, press each breast in small circular motions around an imaginary clock face. Repeat for the left breast. Squeeze each nipple. Any discharge should be promptly reported to your physician.



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