



Guide For Breast Self-Exams

Breast cancer is a disease where malignant cancer cells form in the breast tissue. It is the most common cancer in American women and can be detected early on through self-exams.

Self-exams are free and can be done monthly!

Performing self-exams can be used to detect it early on and increase the likelihood of survival. The self-exam should be done monthly 7-10 days after your period.

HOW TO PERFORM A BREAST SELF-EXAM



BEGIN BY LOOKING AT YOUR BREASTS IN THE MIRROR

Examine breast and armpit with arm raised. Look out for any physical abnormal changes, such as changes in size or shape, redness, lumps or swelling, differences in the nipple appearance, or any discharge exiting the nipple.

USE MOISTURIZED FINGERTIPS TO FEEL FOR ABNORMALITIES

Begin inward at the nipple and use light pressure to press on the nipple and move outward towards the armpit using circular motions. Be sure to check both breasts.



USE DIFFERENT MOTIONS WHEN CHECKING

You can move in an up and down motion, wedging motion, and circular motion all throughout the breast.

IF THERE IS A LUMP OR ABNORMALITY FOUND

Schedule an appointment with your physician immediately to do further screening and testing.



STAY PRO-ACTIVE ABOUT YOUR BREAST HEALTH

Women can learn about early signs of breast cancer by performing monthly breast self-exams and contacting their physician if any abnormal lumps or appearances are found. Please schedule an appointment with your physician if you are concerned at any time.

Sources:

1. BreastCancer.Org. Breast Self-Exam. Retrieved from https://www.breastcancer.org/symptoms/testing/types/self_exam
2. National Breast Cancer Foundation, Inc. Breast Self-Exam. Retrieved from <https://www.nationalbreastcancer.org/breast-self-exam>
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