

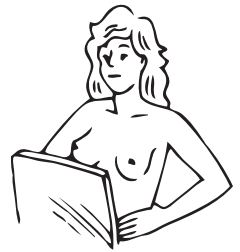
How to Examine Your Breasts

Taking a few minutes each month to check your breasts may save your life.

This simple procedure should be done 7-10 days after your menstrual period starts. After menopause or a hysterectomy, breasts should be examined on the first day of the month. Also, be sure to have clinical breast exams and mammograms on schedule.

1. In the Mirror

With your hands at your side, look for changes in the shape, size or skin texture of your breasts. Raise your arms overhead and repeat your visual examination. Gently squeeze each nipple between your thumb and forefinger to check for discharge.

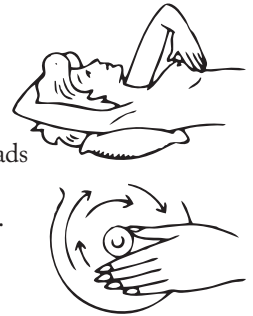


2. Lying Down

To examine your right breast, put a pillow under your right shoulder; put your right arm behind your head. Use the finger pads (not your fingertips) of the middle fingers of your left hand to press firmly on your right breast. Check for lumps or thickening. Examine your breasts in the same manner each time, in either:

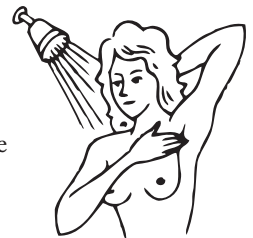
- a circle
- an up and down direction
- a wedge (moving your fingers inward and outward toward the nipple).

Repeat on your left side.



3. In the Shower

Fingers may slide more easily over wet, soapy skin, making lumps and other changes easier to feel. Remember to check the entire breast and underarm area. Stand in the shower and use the same technique as in the lying down exam. Use your right hand for the left breast, and your left hand for the right breast.



Report any changes or irregularities to your health care professional immediately.