

# Monthly Breast Self Exam

Distributed as courtesy to women everywhere by:  
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# Monthly Breast Self-Exam

Your breast self-exam should be done the same time every month, 7-10 days after the start of your period if menstruating. If not, use a fixed day each month.

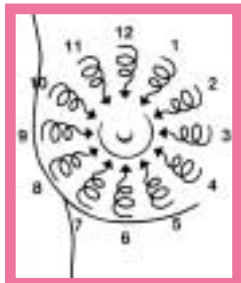


FIGURE A

One way to examine your breasts is using the clock method (see Fig. A). Pretend your breast is a clock. Using the flat pads of your fingers, press gently but firmly in small overlapping circles. Start at 12 o'clock right below your collarbone and move towards the nipple. Do not miss an "hour". Also, carefully examine the area between the breast and the armpit, as that area also contains breast tissue. Switch arms and repeat with the other breast.

## In the Shower

Raise one arm placing your hand behind your head (see Fig. B). Use your right hand to examine your left breast and your left hand for your right breast. With your fingers flat and soapy, check every part of each breast using the circular motion. Gently feel for a lump or thickening.



FIGURE B

## Before a Mirror

Begin with your arms at your side and then raised above your head, looking carefully for changes in the size, shape and contour of each breast. Look for puckering, dimpling, or changes in skin texture, colour or rashes.

Check your nipples for any changes, such as whether they have become pulled in.



FIGURE C

With your hand on your hip, tense and push that arm forward to make a pocket under the arm (see Fig. C). Check this area. Repeat on the other side. Use this same method to

check each breast when lying down.

With your arm resting on a firm surface (see Fig. D), use the same circular motion to examine the underarm and side rib cage area.



FIGURE D

## Lying Down

You must also examine your breasts lying down. To balance your breast on your chest, place a towel or pillow under your right shoulder and place your right hand behind your head (see Fig. E). Use your left hand to examine your right breast. Repeat on the other side.



FIGURE E

## M O N T H L Y C A L E N D A R

Important Dates	First Day of Period	Last Day of Period	Date of Breast Self-Exam
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			

Annual Physical Check-up: \_\_\_\_\_

Mammogram: \_\_\_\_\_

Pap Test: \_\_\_\_\_

**Call your physician if you find any changes or abnormalities**



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