

# Mammograms *save lives*

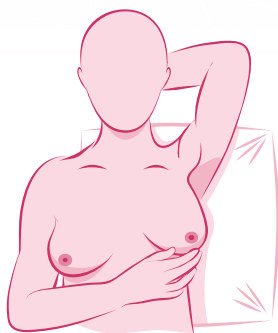
## Steps and tips for a breast self exam

Knowing your own breast tissue by doing a monthly breast self exam helps you find anything that is not normal for you. If you notice any changes, contact your doctor right away.

STEP  
1

### Feel for changes lying down and standing up:

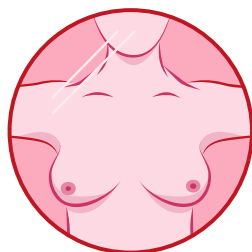
- ✓ Lie down with a pillow under your shoulder.
- ✓ Use the pads of the three middle fingers on your opposite hand to check your breast.
- ✓ Press using light, medium and firm pressure in a dime-size circle without lifting your fingers off the skin.
- ✓ Follow an up-and-down pattern.
- ✓ Feel for changes in your breast above and below your collarbone.
- ✓ Repeat on your other side.



STEP  
2

### In front of the mirror, look for changes:

- ✓ While standing, slightly raise your arm and examine each armpit.
- ✓ Press your hands on your hips and tighten your chest muscles.
- ✓ The best time to do a self breast exam is after your menstrual cycle when lumps are easier to feel.
- ✓ Look for anything that isn't normal for you, like a lump that doesn't go away after your period or feels like a rock in your breast tissue, changes in skin on your breast, or nipple discharge or inversion.



## Breast Self-Awareness

No one knows your body better than you. Know what your normal is by sight and by touch, recognizing any changes of the breast.

- Early detection saves lives.
- Know your risks.
- Talk to your family doctor about your health history.
- Ask your doctor about your risk of breast cancer.

**1. Know what is normal for you.** See your healthcare provider right away if you notice any of the following changes:

- ✓ A lump, hard knot or thickening.
- ✓ Swelling, warmth, redness or darkening.
- ✓ Change in size or shape of the breast.
- ✓ Dimpling, puckering, pitting or retention (pulling back) of your skin.
- ✓ Itching, scaling, a sore or rash on the nipple.
- ✓ Pulling of your nipple to one side.
- ✓ Nipple discharge other than breast milk.
- ✓ New pain, discomfort or tenderness in the breast or armpit region.

### 2. Make healthy lifestyle choices:

- ✓ Maintain a healthy weight.
- ✓ Stay physically active.

### 3. Know your risks:

- ✓ Ask your doctor which screening tests are right for you.
- ✓ For women 20-39:
  - A monthly breast self exam.
  - Clinical breast exam every three years.
- ✓ For women 40 and older:
  - A monthly breast self exam.
  - Clinical breast exam every year.
  - A yearly screening mammogram.