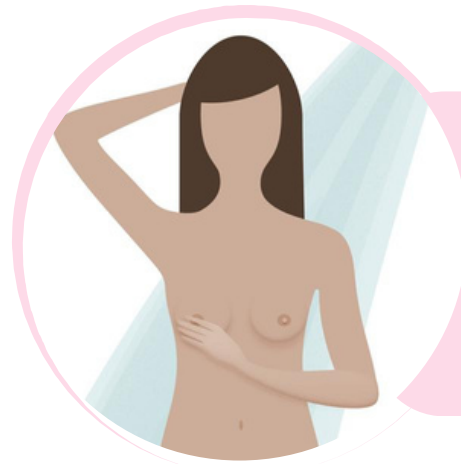
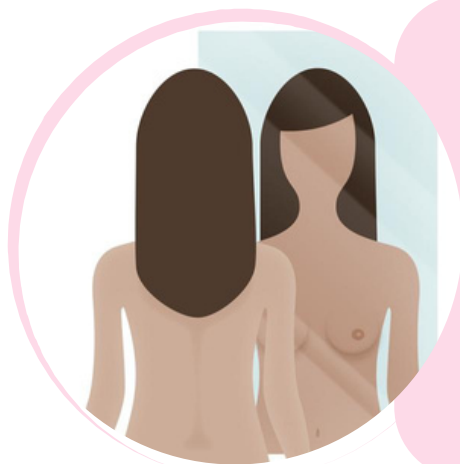


GUIDE TO BREAST SELF-EXAM



IN THE SHOWER

With the pads/flats of your 3 middle fingers, check the entire breast and armpit area, pressing down with light, medium, and firm pressure. Check both breasts each month, feeling for any new lumps, thickenings, hardened knots, or any other breast changes.



IN FRONT OF THE MIRROR

With your arms at your sides, visually inspect your breasts, looking for any changes in the contour or shape of the breasts, any dimpling, swelling, or other skin irregularities, or any changes in the nipples.

Next, rest your palms on your hips and press firmly to flex your chest muscles. Look for any dimpling, puckering, or other changes. Note that the left and right breasts will not exactly match—few women's breasts are perfectly symmetrical.



LYING DOWN

Place a pillow under your right shoulder and put your right arm behind your head. Using your left hand, move the pads of your 3 middle fingers around your right breast, covering the entire breast area and armpit.

Use light, medium, and firm pressure to feel for any new lumps, thickenings, hardened knots, or any other breast changes. Repeat these steps for your left breast.

To discuss any concerns or to schedule a mammogram, please call our office at 615-867-8040.

