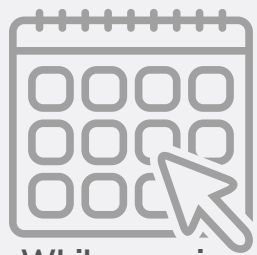


Performing a Breast Self-Exam

The self-detection is one of the most common ways breast cancer is identified. In fact, 25% of breast cancer survivors detect breast cancer themselves. Therefore, you should know key physical signs of breast cancer and perform regular breast self-exams to inspect your breasts.

Examine your breasts on a monthly basis and keep track of changes in your breast health

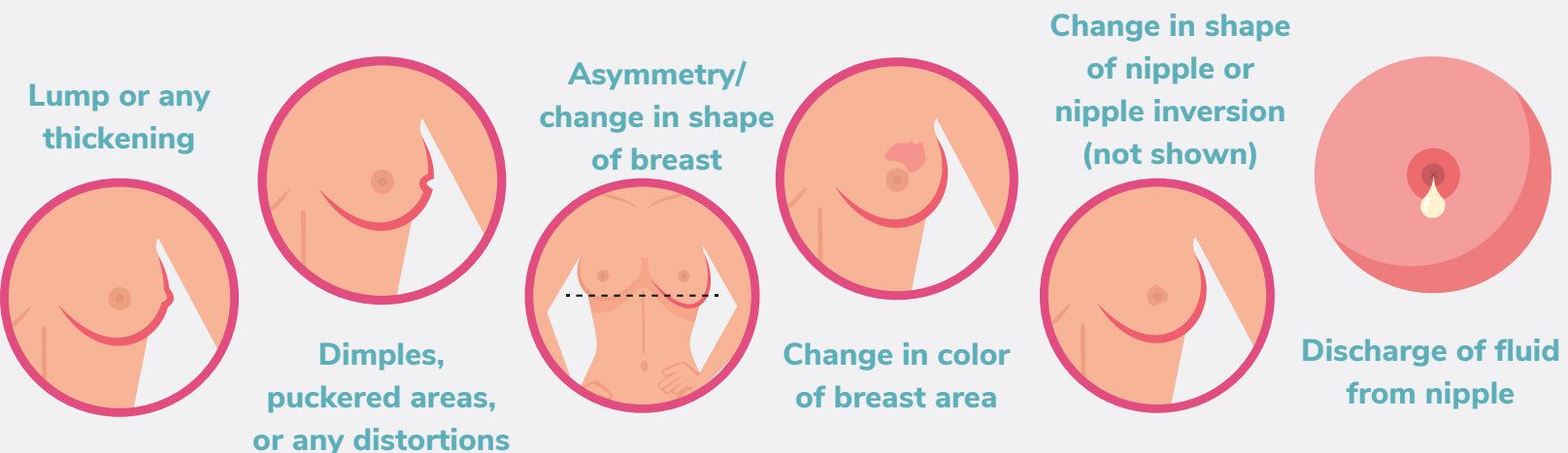


Once a month, preferably a week after the last day of your period, examine your breasts 1) in front of a mirror to look for visual changes, 2) in the shower with soapy hands to feel tactile changes, 3) while lying down when your breast tissue is spread out, making it more feasible to examine all areas. Inspect your breasts in a circular motion, from the nipple to outer regions of your breast.

While pressing on your breasts, alternate between applying low, medium and high pressure with pads of your fingers. This will allow you to examine all the tissues in your breast. Note any changes to your breast appearance.



What to Look for When Performing a Breast Self-Exam?



Also look for symptoms, such as pain, redness, itching, and rashes

Having one or more of these features on your breasts does not mean you have a breast cancer. However, if you notice something abnormal, make an appointment with your breast health provider and have your breasts examined by them.