



## Monthly Breast Self-Examination



Lying down or in the shower is a good place to examine your breasts. Begin by raising your arm behind your head. Feel for changes in your breast, above and below your collarbone, and in your armpit.



Using the pads of your fingers, press using light, medium and firm pressure in a circle without lifting your fingers off the skin. Follow an up and down pattern, checking for lumps or thickening. After a shower or bath, stand in front of a mirror and check your breasts. Look for any dimpling, swelling, or redness of the skin.