HOW TO GIVE YOURSELF A BREAST EXAM

RULE OF THREE
During your breast self-exam, use the flat pads of your middle three fingers in a bowing position. Apply three degrees of pressure:

1. LIGHT
   - Gently move your fingers parallel to your skin.
2. MEDIUM
   - Halfway through the thickness of your breast.
3. DEEP
   - Pressing down to the base of the breast.

STEP 1
Using your opposite hand, pad around your breast in small circular motions with light, medium, and deep pressure.

STEP 2
Roll onto your back and check the nipple with the same pressure before moving inward until you reach the breastbone.

STEP 3
Stand up! Now check the areas near your neck and under each arm by rolling your shoulders and pressing your fingers in the depressions formed.

STEP 4
Finally, give yourself a good look in each of these four positions. Some cancers do not form a lump, so a visual exam is important. Turn from side to side in each position as you look for these warning signs:

• Shape of the breast, nipple and areola
• Rash, redness, dimpling, moles or other skin sores
• Discharge or rash from the nipple
• Noticeable increase in size or number of veins

STEP 5
BARELY MOVING TOP LAYER OF SKIN
HALFWAY THROUGH THE THICKNESS OF BREAST
PRESSING DOWN TO THE BASE OF THE BREAST

8 out of 10 LUMPS are NOT cancerous, but if you find something unusual, see your doctor immediately.

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