



Breast Self-Exam

Breast Self Exam Every month check for any lumps, hard knots, swelling, dimpling, or thickening. Also look for any abnormal changes of size, shape, color or discharge. The best time of the month to do the exam is seven to 10 days after the start of your menstrual cycle or for post-menopausal women, the same day each month.



Circular



Vertical Strip



Wedge



Be sure to examine the area outlined here when performing BSE.



Gently squeeze each nipple checking for any discharge.



At the Mirror First, with your arms at your side, & look for changes in the contour of each breast. Next, raise your arms above or behind your head again looking for the same changes. Then, with your hands on your hips, press down and tense your chest muscles to make any changes more prominent. Finally, bend at the waist, allowing the breasts to fall away from the chest and look for changes.



In the Shower Raise your right arm behind your head and using your three middle fingers held flat together of your left hand, roll and press the right breast area firmly against the chest wall. Repeat this process to check your left breast with your right hand.



Lying Down Lie down on your back and place a pillow under your right shoulder and raise your arm above your head. Repeat the process used when examining your breasts in the shower. Be sure to place the pillow under your left shoulder before examining your left breast.