Caring for Yourself & Others

If you’re 18 or older, make breast self-exams a monthly habit

WHEN...

In front of a mirror
In the shower
Lying down

4 Easy Steps for Breast Self-Exams:

• Lift right arm and place hand behind head
• Use the finger pads of your left hand
• Make small circles up and down your entire breast
• Repeat on left breast, using your right hand

About the same time each month look for changes, such as

• A lump, that feels different
• A change in the look or feel of your skin
• A dimple or folding in the breast surface
• An inverted nipple
• Nipple discharge of either blood or mucus
• Swelling or redness with a feeling of heat upon touch

Tell your doctor or health provider about any changes.
You should also have regular breast exams by your doctor or nurse AND an annual mammogram if you are 40 or older.

Breast self-exams, breast exams by a doctor, and mammograms improve your chances of finding breast cancer early, when it’s curable!