

BREAST SELF-EXAM

1

IN THE SHOWER

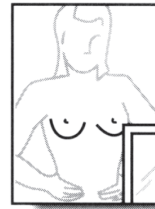
- With fingers flat, move hand gently over every part of each breast.
- Use right hand to examine left breast, left hand for right breast.
- Check for any lump, hard knot or thickening.



2

BEFORE A MIRROR

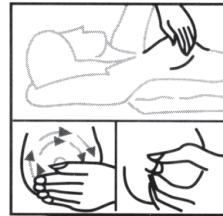
- Inspect your breasts with arms at your sides.
- Next, raise your arms high overhead.
- Look for any changes in contour of each breast: a swelling, dimpling of skin or changes in the nipple.
- Then rest palms on hips and press down firmly to flex your chest muscles.
- Left and right breast will not exactly match — few women's breasts do.



3

LYING DOWN

- Put pillow under right shoulder.
- With fingers flat, press gently in small circular motion; then squeeze nipple.
- Check for discharge and lumps.



Repeat exam same time each month. Check for any abnormalities and report them to a physician.

The Mary Kay Ash Charitable Foundation is dedicated to supporting women living with cancer through the Look Good Feel Better® program and to help end violence against women by providing grants to women's shelters and community outreach programs. For more information, visit marykay.ca.