

# Breast Self-Exam: A Simple 3-Step Guide



## Perform Regular Self-Exams

40% of diagnosed breast cancers are detected by women who feel a breast lump. Monthly breast self-exams help you to become familiar with how your breasts look and feel so you can consult with a medical professional if there are any changes. If you are still menstruating (monthly period), do the exam one week after your period has ended. If you are no longer menstruating, the exam should be performed on the same day, each month.

### In the Shower

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Beginning at the armpit and continuing inwards, move your fingertips around your entire breast in a circular motion and feel for any lump or thickening.



### In Front of the Mirror

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- Place hands on hips.
- Look for changes in size, shape skin texture and squeeze nipples for signs of discharge.
- Lean forward and examine each breast for dimpling of the skin or nipples that are depressed inward.



### Lying Down

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- Use the flat of your hand and keep your fingers straight and close together to gently but firmly press the breast in a circular motion, moving inwards from the armpit to the nipple.
- Feel for lumps along the collarbone and in the armpit.
- If you detect any lumps or changes in the breast, consult a medical professional as soon as possible.

