

BREAST SELF EXAM

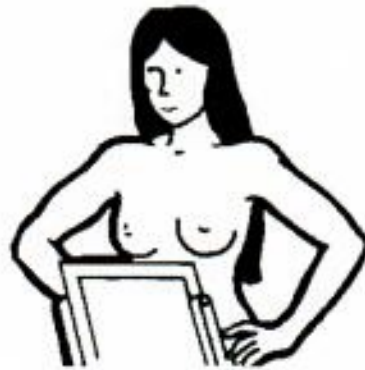


Fingers flat, press gently in small circles, starting at the outermost top edge of your breast and spiraling in toward the nipple. Examine every part of the breast. Repeat with the left breast.



In the shower.

Raise the arm with the fingers flat, touch every part of each breast, gently feeling for a lump or thickening.



Before a mirror:

With arms at your sides, then raised over your head, look carefully for changes in the size, shape, and contour of each breast. Look for puckering, dimpling, or changes in skin texture.



Lying down.

Place a towel or pillow under your right shoulder and your right hand behind your head. Examine your right breast with your left hand.



With your arm resting on a firm surface, use the same circular motion to examine the underarm area. This is breast tissue, too.

"Breast Cancer has to be stopped and we are the only ones who can stop it because we examine our own breasts!"
Patricia Horse Johnson (Kiowa)



CLINICAL BREAST EXAM



MAMMOGRAM

**If you're over 40:
ASK FOR A MAMMOGRAM**