

Breast Self-Exam Diagram [From the Lynn Sage Comprehensive Breast Center](#)



1. While in the shower,

raise your right arm. Use the three finger pads of your left hand to touch every part of your right breast. Feel gently for any lumps or changes under the skin. then raise your left arm and use the three finger pads of your right hand to examine your left breast.



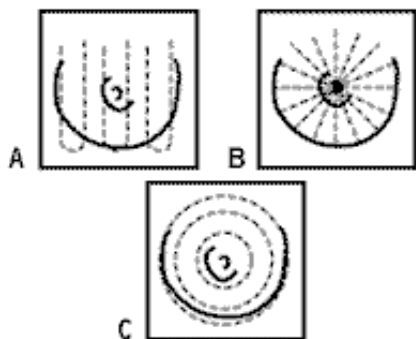
2. Standing before the mirror,

Place your arms at your sides. Check both breasts for anything unusual - discharge, puckering, dimpling or changes in skin texture. Clasp your hands behind your head and look carefully for any changes in the shape or contour of your breasts. Gently squeeze both nipples and look for discharge.



3. Lie flat on your back,

With your left arm over your head and a pillow or towel under your left shoulder. Put your left hand behind your head. Use the finger pads of three middle fingers to begin touching your left breast gently but firmly.



4. Move around the breast in a set way.

You can choose from the vertical strip (A), the wedge (B), or the circle (C) method. Always use the same method every time. Be sure to cover the entire breast. The exam should now be repeated on your right breast.



5. Finally, rest your arm

on a firm surface and use the same method of your choice to examine the



area between the breast and the underarm, and the underarm itself. All of this is breast tissue too.

You've completed your breast exam for this month! Be sure to mark your calendar to remind yourself to do a breast exam again next month.