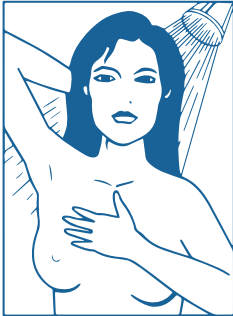




MONTHLY BREAST SELF-EXAMINATION



A good way to examine your breasts is by lying down or in the shower. Begin by raising your arm behind your head. Feel for changes in your breast — above and below your collarbone, and in your armpit.



Using the pads of your fingers, press using light, medium and firm pressure in a circle without lifting your fingers off the skin. Follow an up and down pattern, checking for lumps or thickening. After a shower

or bath, stand in front of a mirror and check your breasts. Look for any dimpling, swelling or redness of the skin.



[ScheduleYourMammo.com](https://www.scheduleyourmammo.com)

TAKE CARE OF YOURSELF

Breast cancer can be detected early, and early detection improves the chances for successful treatment. *Discipline yourself to do a self-examination routinely.*

The best time to examine your breasts is a few days after your period, when your breasts are less apt to be tender or swollen.

AGES 20 TO 39

- Have a clinical breast exam by your health care provider at least once every three years.
- Do a breast self-exam every month.

AGE 40 AND OVER

- Have a mammogram every year.
- Have a clinical breast exam by your health care provider at least once every year.
- Do a breast self-exam every month.