**BREAST SELF-EXAMINATION GUIDE**

**BREAST SELF-EXAMINATION IN THE SHOWER**

**STEP 1**
Feel for lumps above and below the collarbone. From the collarbone, rub down firmly with your hand to the nipple of one breast and feel for any lumps.

**STEP 2**
Support the breast with one hand while the other hand and fingers slide across the top of the breast.

**STEP 3**
Keeping your fingers together and flat, check for lumps under your arm while relaxing your arm at your side.
Repeat the exam on your other breast and report any changes to your healthcare provider immediately.

**BREAST SELF-EXAMINATION IN FRONT OF A MIRROR**

**STEP 1**
Place your hands on your hips and turn from side to side. Press your shoulders inward and bend forward. Gently squeeze each nipple and look for discharge.

**STEP 2**
Place your hands behind your head and press forward, turning from side to side. Look for:
- Changes in breast size, shape, skin texture or color, redness, dimpling and puckering.
- Nipple changes such as discharge, scaly texture, a pulling to one side, or a change in direction.

**STEP 3**
Lie down and place a small pillow or towel under your left shoulder. Keeping your fingers together and flat, put your right hand at the top of the left breast and move them in a wide circle around the breast. Continue moving inward in smaller circles until you have examined the entire breast. Repeat exam on the other breast.
Feel for lumps, thickening or any changes from one self-exam to the next. Report any changes to your healthcare provider immediately.

Visit your physician for regular physical exams and mammograms as recommended.

To find a physician call (321) 8HEALTH or visit OrlandoHealthCancer.com