

THE BEST PROTECTION IS EARLY DETECTION

MONTHLY BREAST SELF-EXAM



IN THE SHOWER

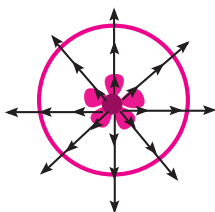
- Place one hand behind your head.
- Choose one of these three patterns*:



UP & DOWN



CIRCLE



WEDGE

- With finger pads (not fingertips) of the three middle fingers of left hand, apply three levels of pressure (light, then medium, then firm) in overlapping, dime-sized, circular motions to feel entire breast tissue, including underarm.
- Check for lumps or thickenings.
- Repeat exam on left breast, using finger pads of right hand.

*The American Cancer Society recommends the up & down pattern.

SEE OTHER SIDE FOR MORE SELF EXAM INSTRUCTIONS.

JAN

FEB

MAR

APR

MAY

JNE

JUL

AUG

SEP

OCT

NOV

DEC

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ONLINE

Learn more on our website at joytolifefoundation.org.

LYING DOWN

- To examine your right breast, place your right hand behind your head.
- Follow the same technique as in the shower. Check for lumps, knots, or thickenings.
- Then put your left arm behind your head, and repeat steps with right hand on left breast.

STANDING OR SITTING

- Examine each underarm with your arm only slightly raised.

BEFORE A MIRROR

- With hands firmly pressing down on hips, check for changes in the shape, size or skin texture of your breasts.
- Check nipples for any unusual discharge.

Report any changes or irregularities to your healthcare professional right away.

Each month, after you have followed both sides of these instructions for a complete Self Breast Exam, punch out the current month below so that you keep track of your Self Breast Exam schedule.

joytolife.org

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