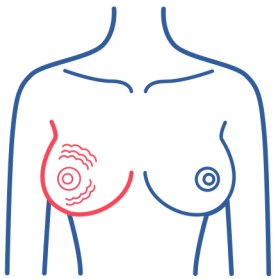
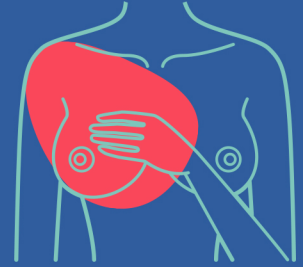


BREAST EXAMINATION GUIDE

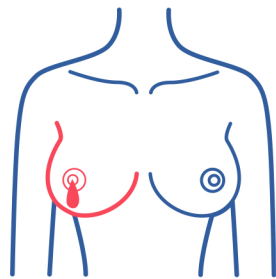
WHAT TO LOOK FOR?

THE SYMPTOMS

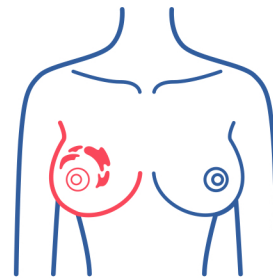
Check all parts of your breasts, your armpits and up to your collarbone for changes.



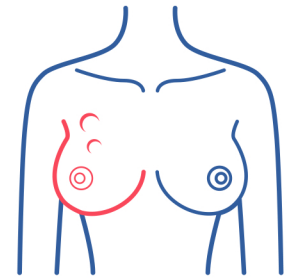
Change in skin texture such as puckering or dimpling (like the skin of an orange)



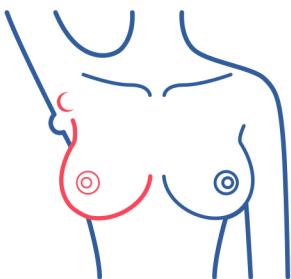
Liquid that comes from the nipple without squeezing



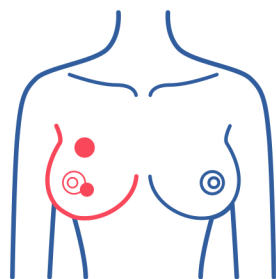
Redness or a rash on the skin and/or around the nipple



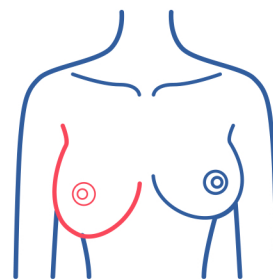
Lump or area that feels thicker than the rest of the breast



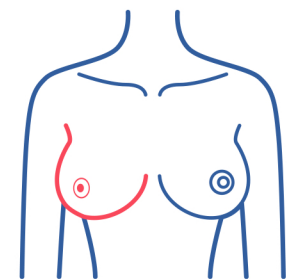
Pain in your breast or your armpit that's there almost all of the time



Dimpling



Change in size or shape of the breast



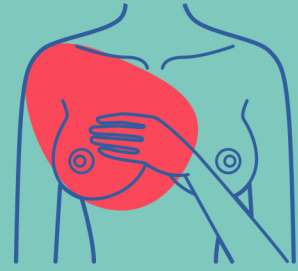
Nipple deformation (the nipple becomes pulled in or looks different)

BREAST EXAMINATION GUIDE

HOW TO GO ABOUT IT?

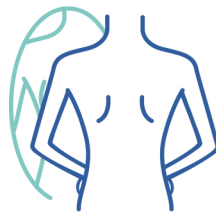
THE SELF-EXAM

Check your breasts just as your period ends.



LYING DOWN

- Lie down on your back with a pillow under your right shoulder
- Check your right breast with your three middle fingers of your left hand
- Press light, medium and firm pressure in a circle without lifting your fingers off the skin in an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit
- Repeat on your left breast using your right hand



IN FRONT OF A MIRROR

- Hold arms at your side
- Press your hands on your hips and tighten your chest muscles



IN THE SHOWER

- Extend left arm upward and examine left breast
- Extend right arm upward and examine right breast

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