

# About Breast Cancer

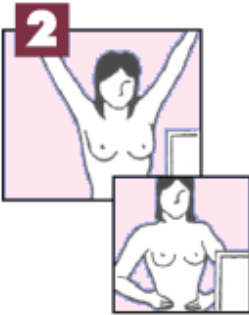
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## How to Conduct a Breast Self-Exam



**In the shower:** Fingers flat, move gently over every part of each breast. Use your right hand to examine left breast, left hand for right breast.

Check for any lump, hard knot or thickening. Carefully observe any changes in your breasts.



**Before a mirror:** Inspect your breasts with arms at your sides. Next, raise your arms high overhead.

Look for any changes in contour of each breast, a swelling, a dimpling of skin or changes in the nipple. Then rest palm on hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match — few women's breasts do.



**Lying down:** Place pillow under right shoulder, right arm behind your head. With fingers of left hand flat, press right breast gently in small circular motions, moving vertically or in a circular pattern covering the entire breast. Use light, medium and firm pressure. Squeeze nipple; check for discharge and lumps. Repeat these steps for your left breast.