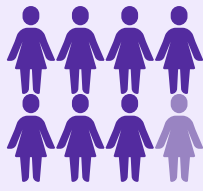


What you need to know about breast self-exams.

Shedding light on breast cancer and the importance of monitoring your breast health.



1 in 8 women in the US will be diagnosed with breast cancer in her lifetime.



Every 13 minutes a woman dies from breast cancer.



Only 5-10% of breast cancers are hereditary. A BRCA gene test can help identify your risk.

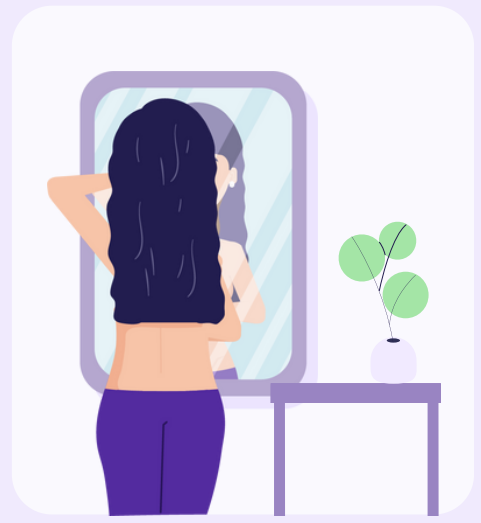
(Source: National Breast Cancer Coalition)

How to Perform a Breast Self-Exam

TAKE A PEAK



- Stand or sit in front of a mirror without a shirt or bra, arms relaxed by your sides.
- Check for anything unusual like dimpling, puckering, or changes in size, shape, or symmetry.
- See if your nipples are turning inward.
- Next, put your hands on your hips and check, then raise your arms overhead and press your palms together for another look.
- Lift your breasts to see if the ridges along the bottom are even.



If you find it difficult to do this visually due to a vision or mobility issue, ask a trusted friend or family member for help.

GET HANDSY



- **Lying down:** Lie on your back on a flat surface. This spreads out the tissue and makes it easier to feel.
- **In the shower:** Lather up your hands with soap so your fingers can slide over your skin more easily.
- **Start at the collarbone:** Begin at the top of your breast, near your collarbone, and work your way down.
- **Use a circular motion:** Move your fingers in small, circular motions to feel for lumps or changes in texture.
- **Cover the entire breast area:** Make sure to check the entire breast, including the sides (near the armpit) and underneath.
- **Check the nipple:** Gently squeeze the nipple to check for any discharge or unusual changes.
- **Don't forget the armpit area:** Check the underarm area as well since breast tissue extends into that region.



Repeat on both sides: Perform the same steps on both breasts to ensure consistency.



Be systematic: Use a pattern (circular, wedge-shaped, or vertical strips) to make sure you cover all areas of your breasts, from the outer edges to the center.

Self-Exam Tips



Be mindful of your cycle: Changes in your breasts during your period can be normal. Perform your self-exam a week after your period.



Don't rush: Take your time, it may take a few minutes to do a thorough check.



Use the pads of your fingers: Feel with the pads of your three middle fingers, or use a more sensitive part of your hand if needed.



Vary the pressure: Use light pressure for the surface, medium for deeper tissue, and firm pressure to reach tissue near your ribs.



Stick to a pattern: Make sure you cover the whole breast by imagining a clock or pie slices, starting at the outer edges and working toward the nipple section by section.



Make a routine: For convenience and consistency, perform your self-exam at the same time every month while you're getting dressed or taking a shower.



To get the full picture, get a mammogram.

Self-exams are important, but depending on your age and family history, you should get a screening mammogram regularly.

[Book a mammogram](#) →