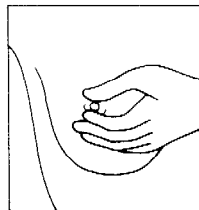
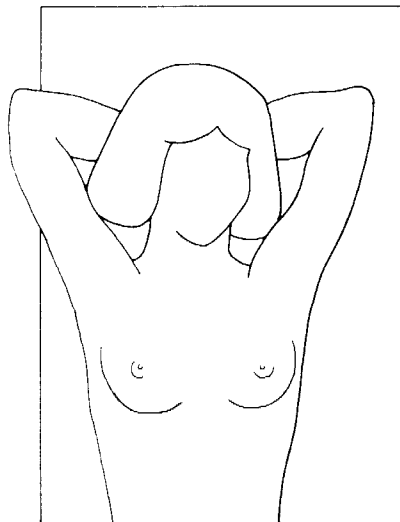
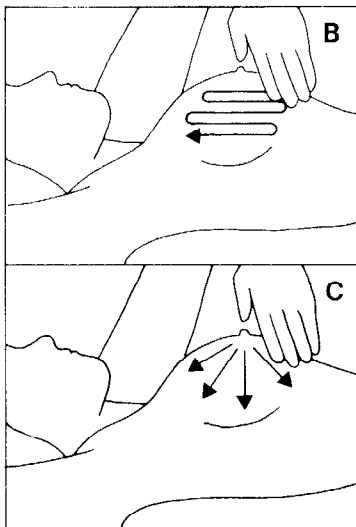
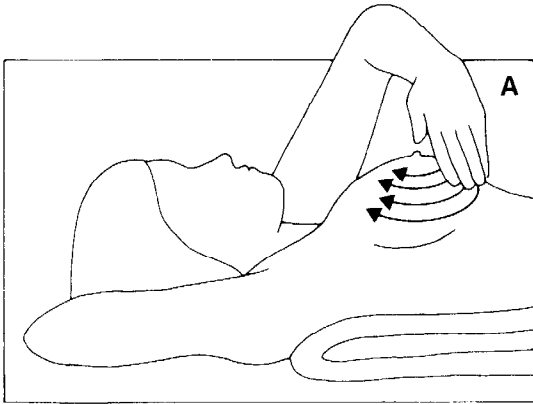


HOW TO PERFORM A BREAST SELF-EXAMINATION



Lie on your back with one arm bent behind your head and resting on a pillow. With fingers flat, feel for lumps in your breasts using one of the following methods. Choose the method that is best for you and use that method each month. This will help you become familiar with how your breasts feel. Whatever method you choose, be sure to examine each breast entirely. (A) Start at the outer edge of your breast and press in small circles, moving slowly around the breast, gradually working towards the nipple. (B) Move your fingers in an up-and-down motion. (C) Use the wedge pattern. Pay close attention to the area between the breast and armpit and the armpit itself. Switch the pillow to your other shoulder and repeat on your other breast.

You can also perform this examination in a shower or a bath when your skin is wet. Some women think it is easier to feel for lumps this way because soapy hands can glide over wet skin.

Stand in front of a mirror and look at each breast with your arms at your sides. Then bend your arms behind your head and look for swelling or any changes in the shape of your breasts. Squeeze each nipple gently to see if there is any discharge or change in nipple color, texture, shape, or position. Switch hands and repeat on your other breast.

*Information courtesy of the
American Cancer Society, N.J. Div. Inc.*