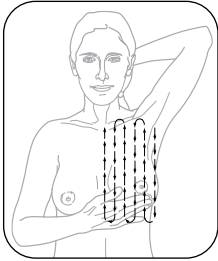




Breast Self-exam in the Shower

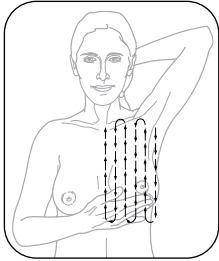
- 1. Raise your left arm and put your hand behind your head.
- 2. Use the finger pads of the first 3 fingers of your right hand.



- 3. Feel for lumps.
- 4. Use small circular motions to check your left breast. Follow the up-and-down pattern pictured.
- 5. Use three levels of pressure for each spot on your breast: light, medium and firm pressure.
- 6. Check your entire breast: from your underarm to your chest bone, and from your ribs to your collar bone.
- 7. Switch sides and check your right breast with the finger pads on your left hand.

Breast Self-exam in the Shower

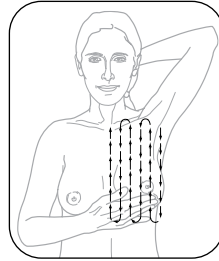
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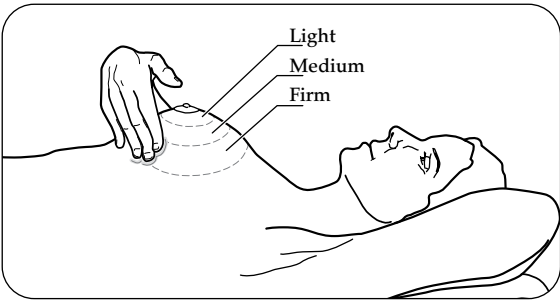
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Self-exam Lying Down



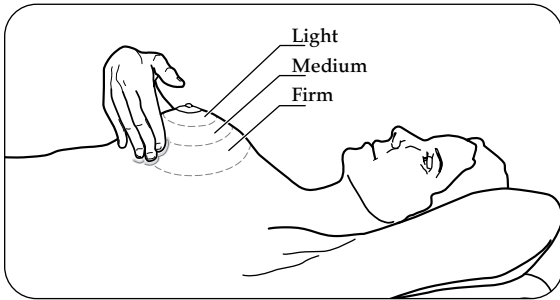
- 1. Lie on your back. Raise your left arm over your head.
- 2. Follow the instructions on the other side of this card.

Self-exam in Front of a Mirror

Look for any changes in your breasts or discharge from your nipples.

- 1. Put your arms at your side.
- 2. Put your hands on your hips and press down.
- 3. Put your hands above your head and press your palms together.

Self-exam Lying Down



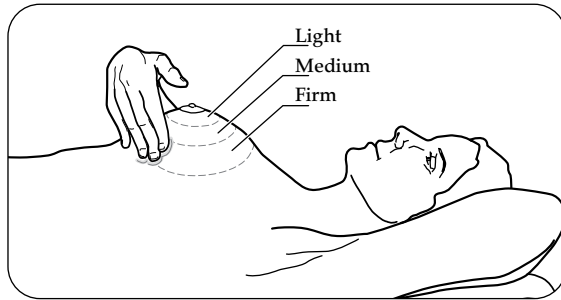
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