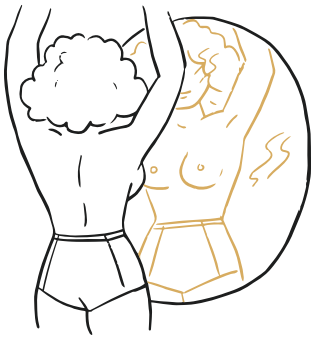


HOW TO DO A BREAST CANCER SELF-EXAM

Breast cancer is the most common type of cancer in women.



STEP 1.

Stand topless in front of a mirror. Move your arms in different positions while you look at your breasts.



STEP 1.

While standing, use 3 fingers of your left hand to apply light, medium, then firm pressure across your right breast, armpit, and nipple. Then switch sides.

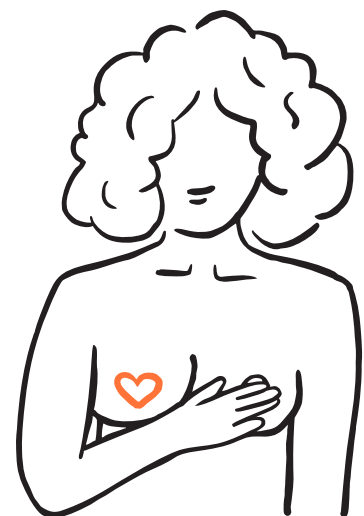


STEP 1.

Lay down and place your right arm behind your head. Use 3 fingers of your left hand to apply light, medium, then firm pressure across your right breast, armpit, and nipple. Then switch sides.

YOU'RE LOOKING FOR...

- Dimpling or puckering
- Bulging of the skin
- Change in nipple position
- Nipple discharge or inversion (pushed in rather than sticking out)
- Redness, soreness, itching
- Hard lump or knot
- Swelling (more than what can accompany your period)
- Any changes from the last time you did a self-exam



IF A MOLE OR SPOT WORRIES YOU, MAKE AN APPOINTMENT TO SHOW A DOCTOR.