

BREAST Practices

How to do your monthly self-exam

You have the power to stay ahead of breast cancer. Early detection is a life-saver. Follow these guidelines to reduce your breast cancer risks.

THREE WAYS TO REDUCE YOUR RISKS

1

Perform monthly breast self-exams

- Starting at age 20
- 7 to 10 days after your period
- At the same time every month if you do not have periods anymore

2

Have a clinical breast exam with a physician

- Every 3 years (at least) starting at age 20
- Annually after age 40

3

Have annual screening mammograms

- Have your first by age 40
- Consult with a medical professional about when to begin if you have a family history of breast cancer

THREE WAYS TO PERFORM A BREAST SELF-EXAM

IN THE SHOWER OR TUB

- With hands wet and soapy, place your left hand on your hip or raise your left arm
- Feel your armpit for lumps
- Feel above and below your collarbone
- With the flattened fingertips of your right hand, feel every part of your left breast for lumps or skin thickening
- Repeat this process on the other breast



IN FRONT OF THE MIRROR

Inspect breasts in four positions as follows:

- **One** — with arms raised above your head
- **Two** — with arms at your side
- **Three** — with hands on your hips
- **Four** — with hands on your hips bending forward
- Tighten your chest muscles and look for lumps, dimples, sores, skin discoloration, or changes in nipple direction or appearance.



LYING DOWN

- With a pillow (or towel) beneath your shoulder, rest your left hand behind your head
- Place the flattened fingers of your right hand on your left breast
- Press firmly in small circles, starting at the outermost edge and moving in toward the nipple
- Examine your entire breast
- Gently squeeze the nipple and observe for discharge
- Repeat this process on the other breast



BREAST CANCER WARNING SIGNS



- A lump, hardness or thickening
- Swelling, warmth, redness or change in color
- A change in size or shape
- Dimpling or puckering of the skin
- An itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or other parts of the breast
- Nipple discharge
- New pain in one spot that does not go away

SEE YOUR DOCTOR IF YOU NOTICE ANY OF THESE CHANGES IN YOUR BREASTS.

clevelandclinic.org/HealthHub

Source: Cleveland Clinic Breast Center at clevelandclinic.org/breast

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THE HEALTH SERVICES
UNIT OBSERVES

Breast Cancer Awareness Month

Know your facts !

GET SCREENED AT THE HSU
TODAY

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