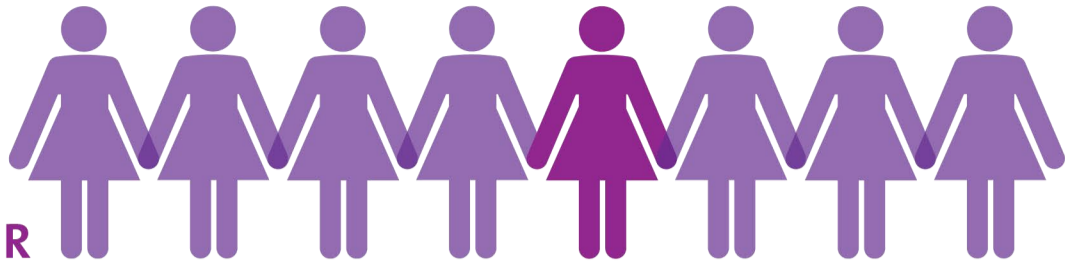


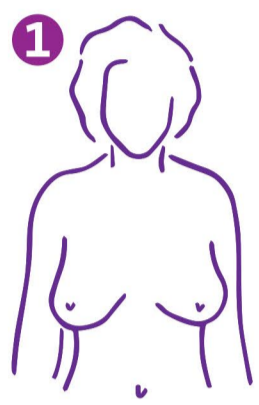
HOW TO Perform a Breast Self-Examination

**1 IN 8 U.S.
WOMEN WILL
DEVELOP
BREAST CANCER**



What is a breast self-examination (BSE)?

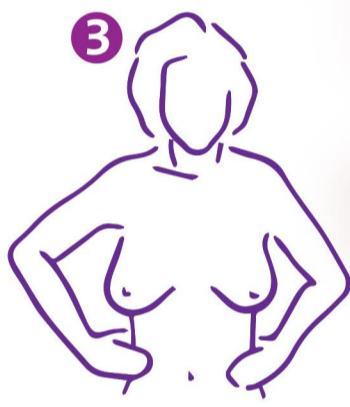
BSE is a procedure a woman can do to physically and visually examine her breasts and underarm areas for changes. It has not been shown that BSEs alone can accurately determine the presence of breast cancer. The U.S. Preventive Services Task Force has found evidence that suggests BSEs do not lower the risk for death from breast cancer. Therefore, if you choose to do BSE, it should not be used in place of, but in addition to, clinical breast examination **(performed by a health care provider every three years for women in their 20s and 30s, and every year for women ages 40 and older)** and mammography.



1 Stand in front of a mirror that is large enough for you to see your breasts clearly. Check each breast for anything unusual. Check the skin for puckering, dimpling, or scaliness. Look for a discharge from the nipples.

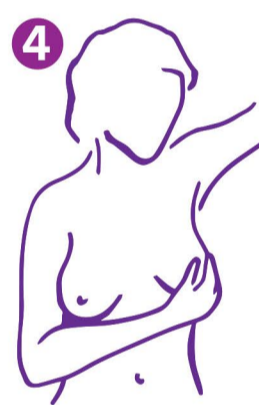


2 Watching closely in the mirror, clasp your hands behind your head and press your hands forward.

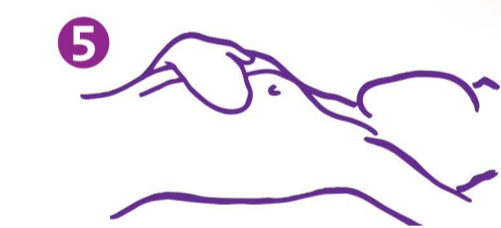


3 Next, press your hands firmly on your hips and bend slightly toward the mirror as you pull your shoulders and elbows forward.

DO STEPS 2 AND 3 TO CHECK FOR ANY CHANGE IN THE SHAPE OR CONTOUR OF YOUR BREASTS. AS YOU DO THESE STEPS, YOU SHOULD FEEL YOUR CHEST MUSCLES TIGHTEN.



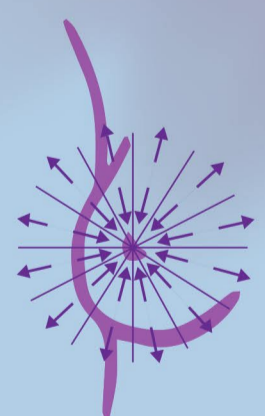
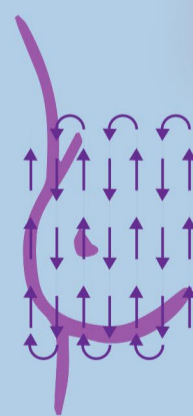
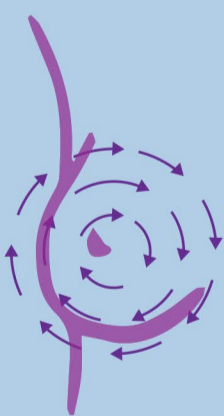
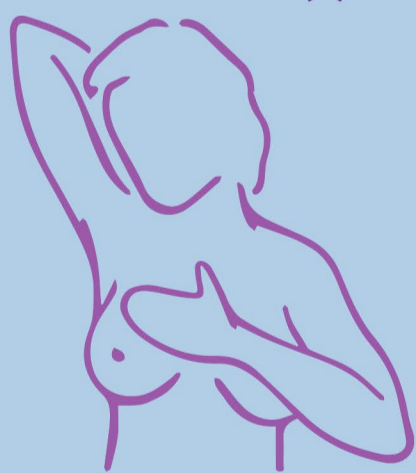
4 Gently squeeze the nipple. Look for any fluid leaking from the nipple (discharge). See your doctor, if you have a discharge during the month, whether or not it is during your breast self-exam.



5 The breasts are best examined while lying down because it spreads the breast tissue evenly over the chest. Lie flat on your back, with one arm over your head and a pillow or folded towel under the shoulder. This position flattens the breast and makes it easier to check.

SOME RESEARCH SUGGESTS THAT MANY WOMEN DO BSE MORE THOROUGHLY WHEN THEY USE A PATTERN OF UP-AND-DOWN LINES OR STRIPS.

Move around the breast in one set way. You can choose either **(A)** the circle, **(B)** the up and down line, or **(C)** the wedge.



Do it the same way every time. This will help you make sure that you have gone over the entire breast area and will help you remember how your breast feels each month.

WHAT IF YOU FIND A LUMP?

One of the most frightening moments for a woman is seeing or feeling something different or unusual while performing breast self-examination. If you find a lump, it is important not to panic.

If you discover lumpiness in one breast or feel something "different" in the tissue, or if you feel a definite lump, there may be valid reason for concern, and it is important to contact a health care provider.

It is natural to be frightened when discovering a lump, but do not let the prospect of cancer keep you from taking action. Remember that most breast lumps are benign (not cancer).