



# BOARDING FOR BREAST CANCER

The single most important tool for surviving breast cancer is **EARLY DETECTION**.

## BREAST SELF EXAM shower card

## WHY DO IT?

Get to know yourself. Nobody knows your body better than you.

Check yourself out in the mirror and ask yourself these questions.

- Do my breasts look the same?
- Is one larger or smaller than the other?
- Are my nipples the same shape?
- Are the veins more noticeable on one breast than the other?
- Is there any rippling of the skin, bruises or bulges?



## EXAM: HOW TO DO IT!

**STEP 1**

You can do a breast exam either lying down or standing up. Either way use the fleshy pads of your first three fingers of opposite hand.



**STEP 2**

Examine entire breast area, from your armpit to below your breast.



**STEP 3**

Take your first 3 fingers and make 3 circles – light, medium & firm pressure around breast area. Walk your fingers from area to area – don't lift them off the

Starting at the breastbone, you can either move fingers up and down the breast or circle around the breast. Remember to include the armpit area.



**STEP 4**

**STEP 5**

When you're done with the touch test, gently squeeze your nipples. You are looking for any breast discharge or pain



Do this every month to become familiar with your own body and what is normal for you. Best time to do a breast exam? Ten days after your period when tenderness and swelling are low.



If you notice any changes or feel pain. Call your doctor and schedule an appointment.

