

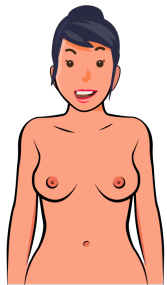


BREAST SELF EXAMINATION

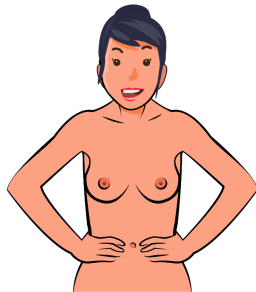


By Looking

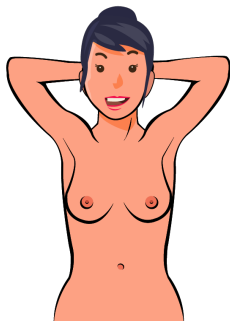
Stand before a mirror and look at both breasts and nipples.



Once with both arms beside your body



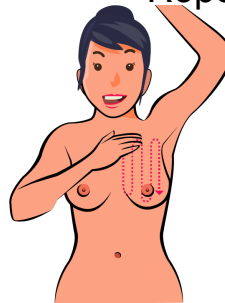
Once with both hands on your hips



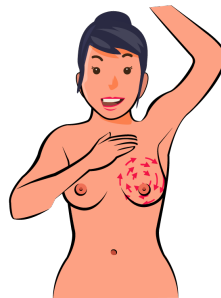
Once with both arms raised and arms behind your head

By Touching

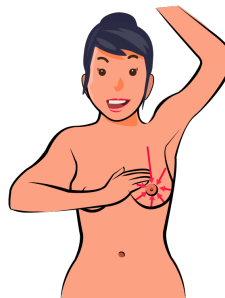
Raise your left arm. Use the pads of your 3 or 4 fingers of the right hand to examine your left breast. Repeat on the right side.



Once in lines up and down your breast from outside to inside



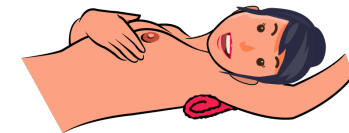
Once in circles around the breast making smaller circles towards the nipples



Once in wedges starting from outside towards nipples and back again

While Lying Down

Lie on your back, left arm over your head and a pillow under your left shoulder. Examine your left breast with your right hand as described before. Repeat for the right side. This position flattens the breast and makes it easier to examine.



Lymph Nodes

Place your left hand on your waist. With your right hand try to find enlarged lymph nodes in the left underarm area and around your left collar bone. Repeat on the right side.



An enlarged lymph node feels like a corn kernel or a bean