

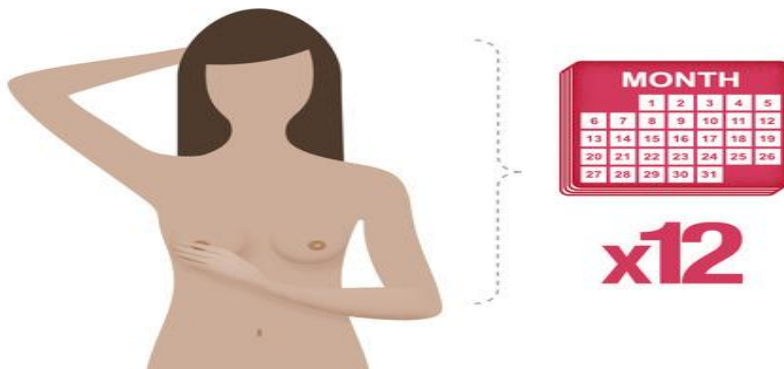


Generations of Women

• O B - G Y N •

HOW TO PERFORM A BREAST SELF-EXAM

Women older than 20 years should perform monthly breast self-examinations (BSE). If you still have menstrual periods, you should perform the examination a few days after your period has ended. During this time, your breasts are not tender. If you are not menstruating (such as in menopause), BSE should be performed on the same day each month.



Choose the method that is best for you. Use the following techniques to perform a BSE:

FACING A MIRROR

Stand before a mirror and compare breasts for differences in size, nipple inversion (turning in), bulging, or dimpling. Note any skin or nipple changes, such as a hard knot or nipple discharge.

Inspect your breasts in the following 4 steps: With your arms at your sides

With your arms overhead

With your hands on hips - Press firmly to flex your chest muscles. Bent forward -

Inspect your breasts.

In these positions, your pectoral muscles are contracted, and a subtle dimpling of the skin may appear if a growing tumor has affected a ligament.

LYING DOWN

LEFT Breast: Place a pillow under your LEFT shoulder.

Put your left hand under your head.

Check the entire breast area with the finger pads of your right hand. Use small circles and follow an up-and-down pattern.

Use light, medium, and firm pressure over each area of the breast.

Feel the breast with the surfaces of the second, third, and fourth fingers, moving systematically and using small, circular motions from the nipple to the outer margins.

Gently squeeze the nipple for any discharge.

RIGHT Breast - Repeat these steps on your right breast using your left hand.