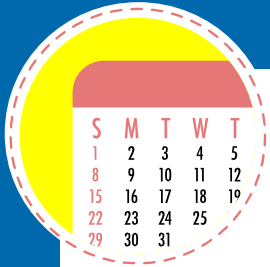
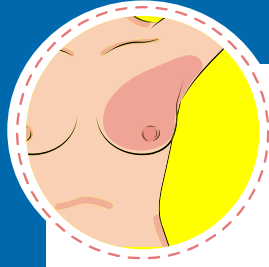


Breast Self-Exam



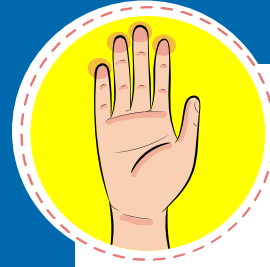
1.

Do an exam once a month, or 7-10 days after your period starts.



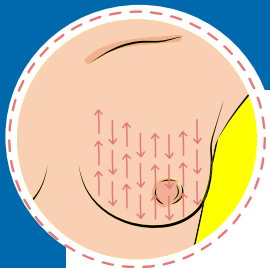
2.

Examine breast and armpit with a raised arm.



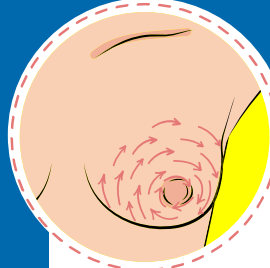
3.

Keep fingertips close together while examining.



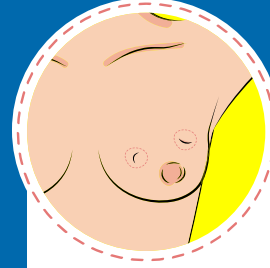
4.

Use massage oil or shower gel and move fingers up and down each breast.



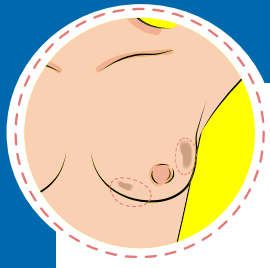
5.

Move fingers in circles starting from the nipple out.



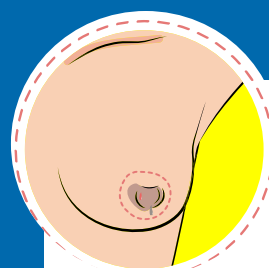
6.

Using a mirror, look for lumps or skin dimpling.



7.

Also look for changes in skin coloring or texture.



8.

Note changes in nipple shape or fluid leaks.

If you notice a change or have questions, call your provider.

Baystate  Health

Visit baystatehealth.org/breast-care for more information.