1. IN THE SHOWER

- Put one hand behind your head (see figure below).
- Choose one of the three patterns shown.*

- With finger pads (not fingertips) of three middle fingers of left hand, apply three levels of pressure (light, then medium, then firm) in overlapping, dime-sized, circular motions to feel entire breast tissue, including underarm.
- Check for lumps or thickenings.
- Repeat exam on left breast, using finger pads of right hand.

If you have questions about breast self-exam, talk with your healthcare professional.

* The American Cancer Society recommends the up & down pattern.
2. LYING DOWN

- Place your right hand behind your head.
- Using your left hand, follow the same technique as in shower.
- Check for lumps, knots or thickenings.
- Repeat on other side, using your right hand to check left breast.

3. STANDING OR SITTING

- Examine each underarm with your arm only slightly raised.

4. BEFORE A MIRROR

- With your hands firmly pressing down on hips, check for changes in the shape, size or skin texture of your breasts.
- Check for changes in nipples and unusual discharge.

Report any changes or irregularities to your healthcare professional immediately.