

# KNOW YOUR NORMAL

## 3 Simple Steps to a Monthly Breast Self-Exam

Use this handy guide to learn how to do a monthly breast self-exam. Get to know your normal so you'll know what's not normal.

### VISUAL EVALUATION

1

#### EVALUATE SIZE AND BALANCE



Look at your breasts in the mirror with your shoulders straight and your hands on your hips.

*Note if they are:*



— Usual size, shape and color



— Evenly shaped without distortion or swelling



— Dimpling, puckering or bulging of the skin



— Nipple that has changed position



— An inverted nipple



— Rash, or any redness, soreness, swelling or discharge

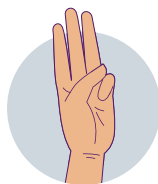


Now, do the same thing with your arms raised.

### PHYSICAL EVALUATION

2

#### EVALUATE WHILE LAYING DOWN OR



Use your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm touch with the first few fingers of your hand, keeping the fingers flat and together.



#### EXAMINE THE ENTIRE BREAST

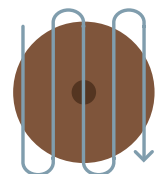
With your arm raised, move from top to bottom, side to side, from your collarbone to the top of your abdomen, and from your armpit to your cleavage.

*Follow one of the patterns below:*



#### MOVE IN A CIRCLE

Begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast.

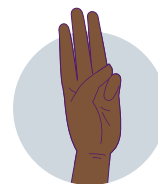


#### OR MOVE VERTICALLY

Move your fingers up and down vertically, in rows, as if you were mowing a lawn.

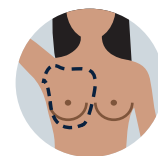
3

#### EVALUATE WHILE IN THE SHOWER



Use your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm touch with the first few fingers of your hand, keeping the fingers flat and together.

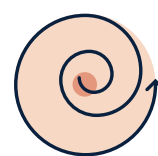
*Lather with soap.*



#### EXAMINE THE ENTIRE BREAST

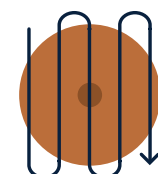
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IF YOU SEE OR FEEL ANY NEW CHANGES, BRING THEM TO YOUR DOCTOR'S ATTENTION

A LIFE-LONG PATH TO BREAST HEALTH

*Begin monthly breast self-exams at age 20.*

*At age 40, begin annual screening mammograms.*

WASHINGTON  
RADIOLOGY