

Do It Yourself

At Home Breast Exam



1
Self check
once a month



2
Examine entire breast
and armpit area



3
Gently use the pads
of fingertips



4
Top and Bottom



5
Semi-circles



6
Circles



7
Look in the mirror
for visual lumps



8
...skin and texture
changes...



9
...changes in nipple
shape or abnormal discharge.