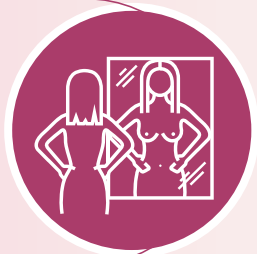


Steps for a Self Breast Exam

STEP 1: MIRROR EXAMINATION

Stand in front of a mirror and examine both breasts for changes in shape, skin dimpling or pulling in.



STEP 2: PHYSICAL EXAMINATION



Use three fingers to feel each breast for lumps, knots, or pain.

STEP 3: NIPPLE CHECK

Gently press each nipple and check for any watery or blood-stained discharge.



If you notice any unusual changes, consult a doctor without delay.



Scan for a Detailed Demo

Set a reminder for your self-care!



Every woman over 18 should do a self-breast exam once a month.



Do it in the week after your period ends, when breasts are less tender.



Check in both standing and lying positions to cover all breast tissue, including the armpits.

Name _____ Age _____

January

Date:

Notes:

February

Date:

Notes:

March

Date:

Notes:

April

Date:

Notes:

May

Date:

Notes:

June

Date:

Notes:

July

Date:

Notes:

August

Date:

Notes:

September

Date:

Notes:

October

Date:

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November

Date:

Notes:

December

Date:

Notes: