

# BREAST SELF EXAM

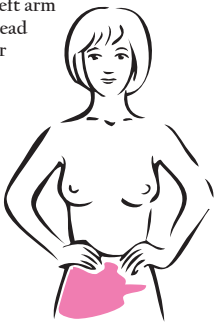


Lie down on your back and place your right arm behind your head. Use the finger pads of the three middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue. Use light, medium, and firm pressure to feel all the breast tissue from the skin all the way to the tissue closest to the chest and ribs.



Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone. There is some evidence to suggest that this up and down pattern is the most effective for covering the entire breast without missing any breast tissue. Repeat the exam on your left breast, putting your left arm behind your head and using your right hand.

While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, or dimpling, or redness or scaliness of the nipple or breast skin. Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel the area without tightening the tissue.



***Report any lumps or changes to your doctor***

Excerpted From the American Cancer Society®



## Radiology Regional Center



*Mobile  
Mammo*  
*Driving for Detection*

*Annual Mammograms  
Saving Southwest Florida  
Lives...It's That Simple*

American Cancer Society®  
recommendations for early detection  
in women without breast symptoms

### **Breast Self-Examination (BSE)**



Women starting in their 20s  
Report any breast changes to  
your health professional right  
away.

### **Clinical Breast Exam (CBE)**



Women in their 20s and 30s as  
part of a regular health exam by a  
health professional every 3 years.  
Starting at age 40, once every year

### **Mammogram**



Women age 40 and older every  
year as long as they are in good  
health

*No Prescription is Necessary  
for a Screening Mammogram*

## **Call to Schedule**

Lee (239) 936-4068

Collier (239) 430-1513

Mobile Mammo (239) 936-2316

[RadiologyRegional.com](http://RadiologyRegional.com)