

Because We Care,  
We Recommend Monthly Breast Self-Exams (BSE)  
**DO EXAM AT THE SAME TIME OF  
THE MONTH EVERY MONTH!**

## 1. Basic BSE Method:



1. Do exam while in the shower or while lying flat on your back:
  - a. Raise arm overhead with hand behind your head of the breast you are examining.
  - b. Use other hand to examine breast using first 3 finger pads only.
2. Use gentle pressure using three different levels:
  - a. Level one: Soft pressure to feel tissue closest to skin.
  - b. Level two: Medium pressure a little deeper.
  - c. Level three: Firm pressure to feel chest and ribs.
3. Move over breast in an up and down pattern (like mowing a yard).
  - a. Leave fingers on breast and move up and down the breast lifting the outer finger to move the other two fingers to a new spot. Do not miss any portion of the breast.

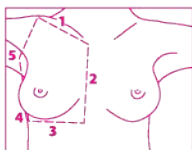
Check for any lumps or thickening that are different from your previous exam.

Call your healthcare provider if you are concerned about any findings

## 2. Patterns of Search:

Breast Self Examination

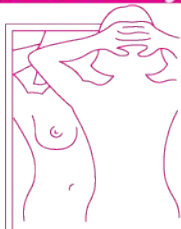
Move over the breast in an up and down pattern, see diagram to left.



1. Feel to the collar bone (clavicle), Fig. 1
2. Feel to the middle of chest (sternum), Fig. 2
3. Feel to the bottom of the breast, Fig. 3
4. Feel to the edge of the breast and under arm pit (axilla), Fig. 4
5. Feel the upper arm above arm pit to bottom of collar bone (clavicle bone), Fig. 5

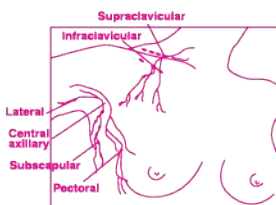
A firm ridge in the lower curve of each breast is normal (distal edge of clavicle).

## 3. Standing Before a Mirror:



1. Place arms at sides, then place hands on hips pressing firmly down on your hips, followed by arms over your head. Finish by lifting breast and checking skin under the breast.
2. Check for any changes in size, shape, contour dimpling, pulling, redness, dryness of the nipple or the breast skin.

## 4. Examine the Underarm (Axilla):



1. Examine each underarm while sitting or standing for any lumps. Lymph nodes that are persistent and are usually firm need to be examined by a practitioner.
2. Have arm slightly raised to easily feel the area.
3. Follow diagram checking under the arm and above the collar bone.

**CONTACT YOUR HEALTHCARE PROVIDER  
IF YOU ARE CONCERNED ABOUT ANY FINDINGS**