

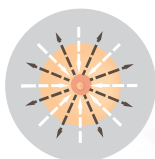
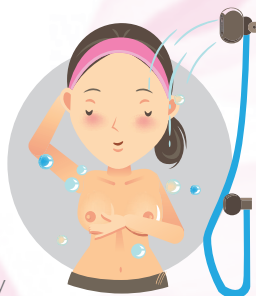
A WOMAN'S SHOWER GUIDE TO BREAST SELF-EXAM (BSE)

Breast cancer is the 2nd most diagnosed cancer in women behind skin cancer. The James recommends women do a breast self-exam (BSE) each month. Hang this waterproof card in your shower as a reminder.

HOW TO DO A BREAST SELF-EXAM:

1. IN THE SHOWER

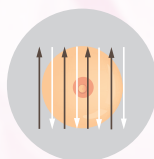
- Put your left arm behind your head.
- Use the three middle fingers of your right hand to do your BSE. Use your fingertip pads to do the exam. Fingertip pads are the top parts of your fingers. Do your BSE on one breast, then repeat on the other side.
- You should use three types of pressure when you do your BSE. First, press lightly while doing the exam. Then repeat the exam using medium pressure and last, use firm pressure to feel deep within your breast.
- Choose one of the three patterns shown below to do your BSE.



Wedge



Circle



Up and Down

- Examine your breast area starting above the breast (collarbone) to below the breast where you feel only ribs.
- Examine the area from your armpit and all the way over to the middle of your chest.
- Make small circles with your fingertips starting in the middle of your armpit. Make the circles going up and down the breast area, moving from top to bottom. Continue with this motion all the way across your breast to the middle of your chest. This way you will not miss any breast tissue that could have lumps or other changes.
- Repeat the exam on the other breast using the same steps.



2. IN A MIRROR

- Look at the size and shape of each breast and nipple. Check for swelling, lumps, dimpling (looks like an orange peel), scaly skin, or other skin changes.
- Check for nipple changes, such as a nipple that is painful or starting to pull inward.
- You may sit or stand to check your breasts in the following three ways. Look at your breasts with:
 - o *Your arms hanging down at your sides.*
 - o *Your hands raised and joined behind your head.*
 - o *Your hands placed firmly on your hips and bent slightly forward.*

3. LYING DOWN

- When you lie down, your breast tissue spreads out evenly over your chest. This makes it easier for you to feel for lumps and any changes in your breasts.
- Place a small pillow or towel under your left shoulder. Put your left arm behind your head.
- Using your right hand, follow the same steps for a BSE as in the shower.
- Repeat on the other side using the same steps.



If you find any changes or anything unusual call your healthcare professional right away.



Miles of HOPE Breast Cancer Foundation
www.milessofhope.org