



Self Breast Exam

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“Early Protection is the Best Protection”

Use the following suggested tips:

Face the Mirror

1

SHOULDERS STRAIGHT & HANDS ON HIPS

Look for:

- Evenly shaped breasts with no swelling or visible distortion
- The usual color, size, and shape.

Repeat:

- This time with your arm raised



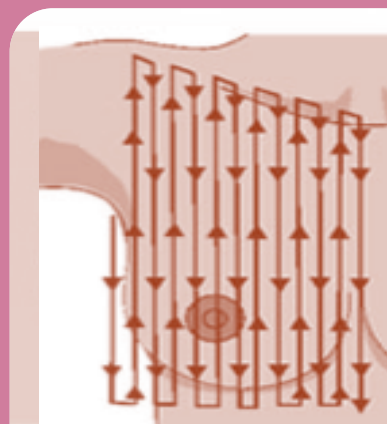
Lying Down & Standing

2

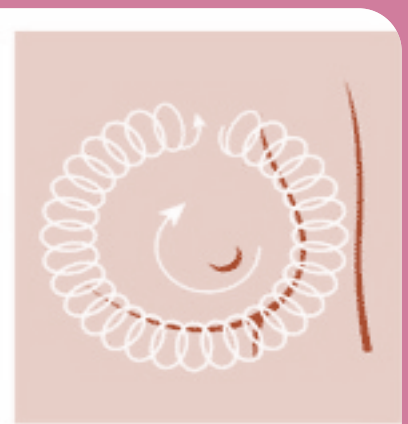
- Put left hand behind your head
- Choose one of the methods to the right.
- With finger pads of 3 middle fingers of right hand, check entire left breast including underarms. Feel for lumps or thickening.
- Switch sides and use left hand to check right breast.



Methods



grid



circular

Call your Dr. if you notice:

3

- Soreness, rash, swelling, or redness
- The nipple is pulled inward
- Puckering, dimpling, or bulging of the skin
- Any signs of fluid coming out of one or both nipples
- If you feel any lumps or thickening