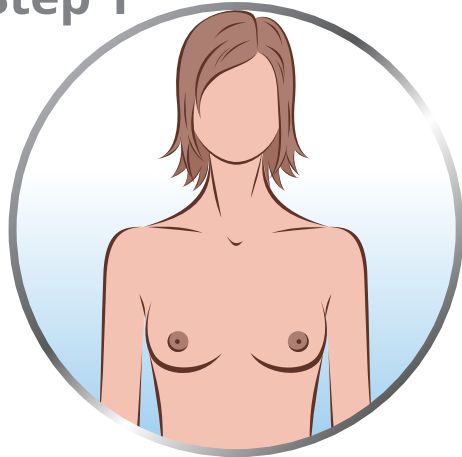


BREAST SELF-EXAMINATION

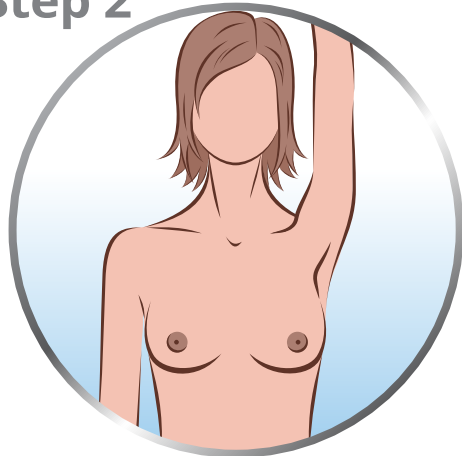
PART I

LOOK IN THE MIRROR

Step 1



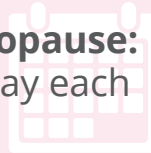
Step 2*



*Repeat with each arm

WHEN

- Before menopause: 2-3 days after period ends
- After menopause: the same day each month



HOW

Use the pads of your 3 middle fingers



WHAT

Examine breast for changes in:

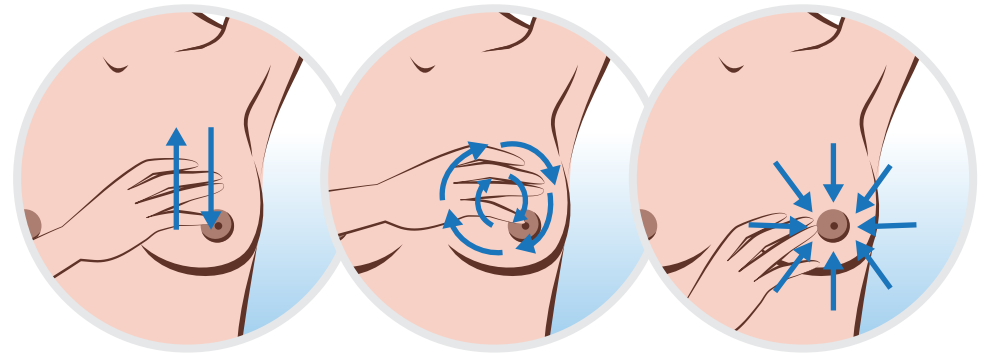
- ✓ **Texture: Lumps or dimpling**
- ✓ **Shape & size**
- ✓ **Color**
- ✓ **Nipple deformation or leaks**



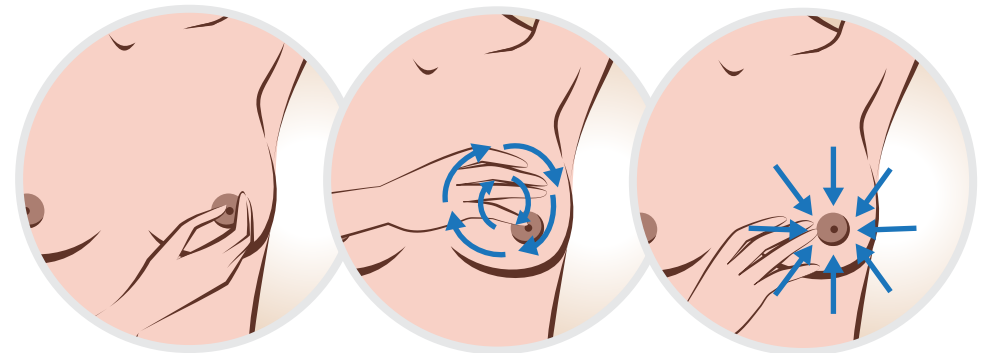
PART II

FEEL WITH YOUR HANDS

Step 3: Standing Up*



Step 4: Laying Down*



*Repeat with each breast