**BREAST SELF-EXAMINATION**

**PART I
LOOK IN THE MIRROR**

**Step 1**

- **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

**Step 2**

- **What**
  - Examine breast for changes in:
    - Texture: Lumps or dimpling
    - Shape & size
    - Color
    - Nipple deformation or leaks

*Repeat with each arm

**PART II
FEEL WITH YOUR HANDS**

**Step 3: Standing Up***

- Use the pads of your 3 middle fingers

**Step 4: Laying Down***

- Use the pads of your 3 middle fingers

*Repeat with each breast