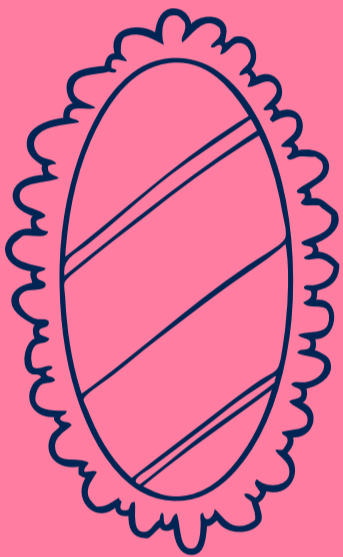


CHECK YOUR CHEST!

“40% of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.”

-National Breast Cancer Foundation, INC

How do you perform a self examination?



IN THE MIRROR

Get to know what normal is for you: size, shape, contouring. Raise your arms above your head and assess for any changes.

NEXT place your hands on your hips and tighten your chest muscles. Check for any dimpling or obvious changes, in particular to one side.

IN THE SHOWER

Using a circular motion use the pads of your fingers and exam both breasts and armpit area. Feel for any lumps, bumps, thickening or changes.



LYING DOWN

Place a pillow underneath your right arm and head. Move the pads of your fingers around the entire breast and armpit area. Squeeze the nipple and check for any discharge, lumps or change. Repeat on left side.

If you notice any changes, lumps or bumps, head to your nearest clinic for a mammogram



SAFE HANDS

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