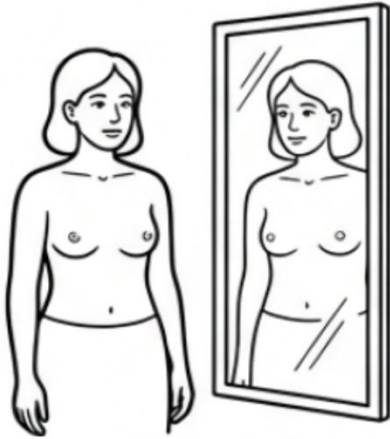
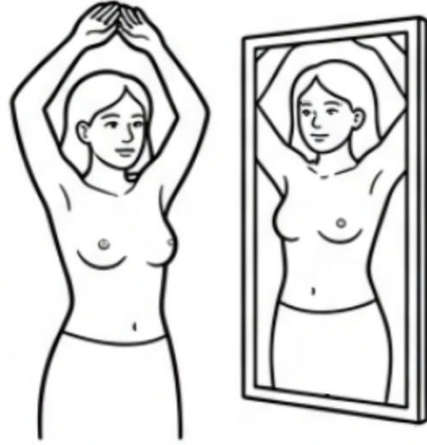


Breast Self-Exam

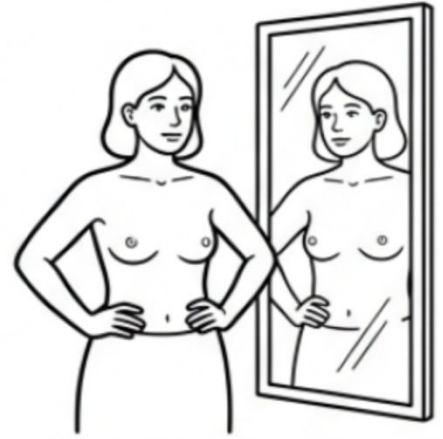
"Know what's normal for you. If you notice a change, contact a healthcare professional."



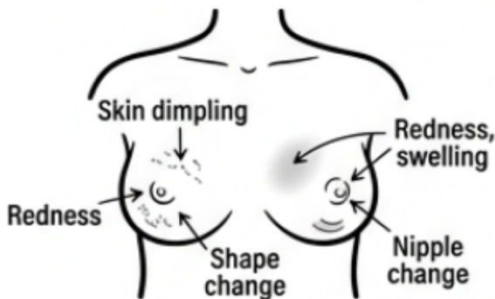
1. Look in the mirror:
arms at your sides



2. Look in the mirror:
arms raised



3. Press hands down on hips
and look for changes



4. "Look for changes in shape,
size, skin, or nipples"



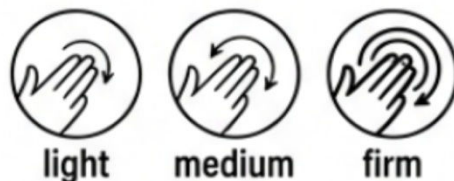
5. "Lie down and raise one arm"



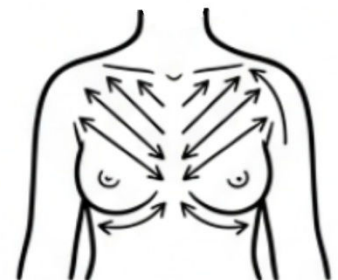
6. "Use the opposite hand to
examine the breast"



7. "Use the pads of your
three middle fingers"



8. "Move fingers in small circles
using light, medium, and
firm pressure"



9. "Cover the entire breast
area from the collarbone
to below the breast"



10. "Check toward the armpit"



11. "Gently check around
and over the nipple"



12. "Repeat on the other side"