

WOMEN'S  
**"In the  
Shower"**

**PUNCH OUT  
AND HANG  
ON SHOWER  
HEAD**

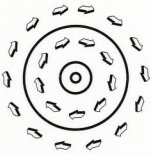
GUIDE TO  
**Breast  
Self-Exam**



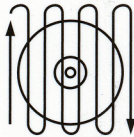
*Leading the Way*

## 1. IN THE SHOWER

- Put one hand behind your head (see figure below).
- Choose one of the three patterns shown.\*



Circle



Up & down



Wedge

- With finger pads (not fingertips) of three middle fingers of left hand, apply three levels of pressure (light, then medium, then firm) in overlapping, dime-sized, circular motions to feel entire breast tissue, including underarm.
- Check for lumps or thickenings.
- Repeat exam on left breast, using finger pads of right hand.

If you have questions about breast self-exam, talk with your healthcare professional.



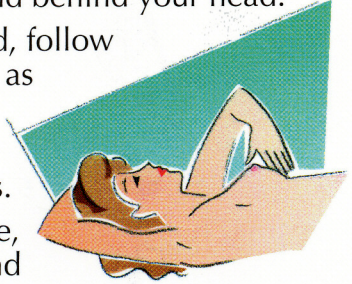
\* The American Cancer Society recommends the up & down pattern.

# WOMEN'S "In the Shower"

# GUIDE TO Breast Self-Exam

## 2. LYING DOWN

- Place your right hand behind your head.
- Using your left hand, follow the same technique as in shower.
- Check for lumps, knots or thickenings.
- Repeat on other side, using your right hand to check left breast.

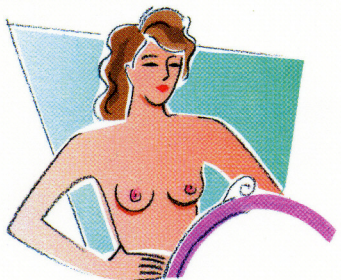


## 3. STANDING OR SITTING

- Examine each underarm with your arm only slightly raised.

## 4. BEFORE A MIRROR

- With your hands firmly pressing down on hips, check for changes in the shape, size or skin texture of your breasts.
- Check for changes in nipples and unusual discharge.



***Report any changes  
or irregularities to your  
healthcare professional  
immediately.***