

Monthly Breast Self-Exam: Do It Yourself

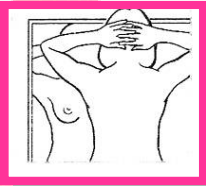
In the shower

Raise your right arm. Use the finger pads of your left hand to touch every part of your right breast. Feel gently for any lumps or changes under the skin. Then raise your left arm and use your right hand to examine your left breast.



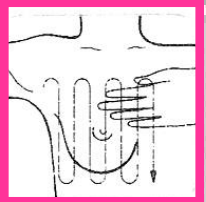
Before a mirror

Place your arms at your sides. Check both breasts for anything unusual- discharge, puckering, dimpling, or changes in skin texture. Clasp your hands behind your head and look carefully for any changes in the shape or contour of your breasts. Gently squeeze both nipples and look for discharge.



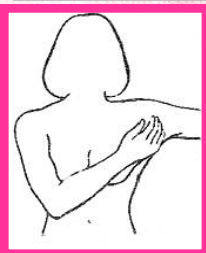
Lying down

Lie flat on your back, with your left arm over your head and a pillow under your left shoulder. Put your left hand behind your head. Use your right hand to begin touching your left breast gently but firmly. Start in your armpit and move down to just below your breast. Now move your fingers and move up again. Continue this up-and-down pattern until you have covered the area.



Standing up

Rest your arm on a firm surface and use the same up-and-down motion to examine the area between the breast and the underarm, and the underarm itself.

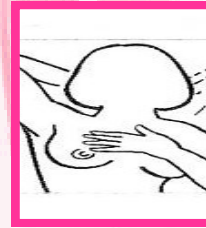


This self-exam is not a substitute for periodic exams by a qualified doctor.

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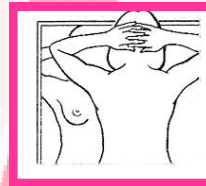
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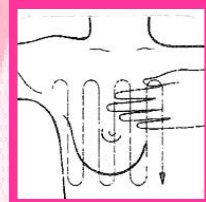
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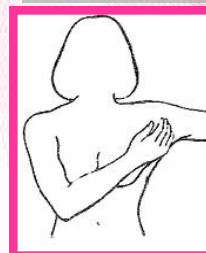
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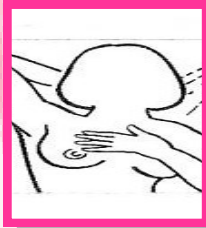


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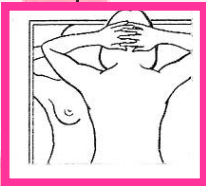
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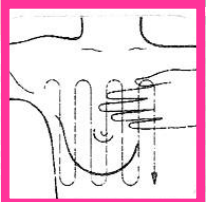
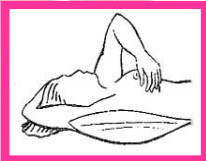
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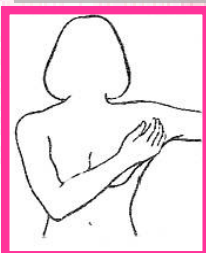
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Steps to Good Breast Health

Monthly breast self-exam

Know how your breasts normally look and feel. Examine your breasts monthly and report and changes to your doctor.

Regular checkup

See your doctor yearly for a clinical breast exam. This exam can reveal abnormalities missed by a mammogram.

Warning Signs and Symptoms

- A lump or thickening of the breast
- Change in breast shape
- Discharge from the nipple
- Dimpling or puckering of the skin
- Retraction of the nipple
- Scaly skin around the nipple
- Change in skin color or texture of the breast

Health Resources

Health AWAREness
724-357-4799

IUP Health Service
724-357-2550

Adagio Health
724-349-2022



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