

# Breast Self-Exam

Once a month, right after your period, you should examine your breasts. Although breast cancer is rare in young women, it usually can be cured if found early, and a breast self-exam is the best way to find it.

## Do the following to examine your breasts:

1. Stand in front of your mirror with your arms at your sides and see if there are any changes in the size or shape of your breasts. Look for any puckers or dimples, and press each nipple to see if any fluid comes out. Raise your arm above your head and look for changes in your breasts from this position.
2. Lie down and place a towel or pillow under your right shoulder. Place your right hand under your head. Hold your left hand flat and feel your right breast with little, pressing circles. Think of each breast as a pie divided into 4 pieces. Feel each piece and then feel the center of the "pie" (the nipple area).



3. Now put your right arm down at your side, and do the same thing on the outside of the breast, starting under the armpit.
4. Repeat steps 2 and 3 for the other breast.

Most women have some lumpiness or texture to their breasts; breasts are not just soft tissue. Get to know your breasts, then be alert for any lumps or other changes should they ever appear. Remember, most lumps and changes are not cancerous. However, if you think you have found a lump or notice any other changes, don't press or squeeze it; see your pediatrician.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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## From your doctor