

BREAST SELF-EXAM

Check
Off
After
Exam

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

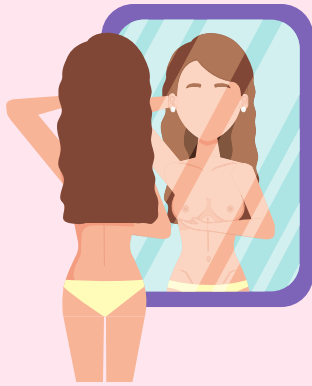
Sep

Oct

Nov

Dec

The best time to do a breast self-exam is within a few days of the end of your period.



Standing in Front of the Mirror:

Start with your hands down at your sides. Look at both of your breasts to note any changes in size or shape. Also check the color and texture of your skin. Repeat these steps with your arms in the air. Finally, examine your breasts with your hands on your hips. This will flex your chest muscles and allow you to check for any changes in shape or contour, such as dimpling of the skin.



Laying Down:

Place a pillow under your right shoulder and raise your right arm above or behind your head. Carefully feel your right breast with the pads of the three middle fingers of your left hand, using a small, circular motion in an up-and-down pattern. Apply different amounts of pressure (light, medium, firm) to each area of the breast. Make sure to check all areas where breast tissue may be found - from the armpit to the breastbone, and from the collarbone to the bra line. Do not lift your fingers away from the skin at any time during the exercise. Squeeze the nipple to check for discharge. Repeat these steps on the left breast.

PV
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