

Self-Exams

Early Detection Can Help You Live Longer



Getting in the Habit of Regularly Checking Your Breasts is Important

1. Check your breast every month one week after your period
2. Lie down and put a pillow under your right shoulder and put your right arm over your head
3. Use your fingers on your left hand to feel for lumps in your right breast
4. Make sure you press firmly enough to know what your breast feels like (you can ask a doctor or nurse to show you how)
5. Move your fingers in the same way around your breast- pick one of these 3 ways:
(A) a circle (B) up and down (C) out from the center



6. Do the same steps with the left breast
7. Let your health care provider know if you think you feel a lump so he or she can make sure everything is OK



Kentucky Commission for Children
with Special Health Care Needs