

Do it for *the girls*

share the gift of early detection

Use this self-examination guide to check for breast cancer monthly. **This guide does not replace medical care.** Please contact your doctor if you detect (or suspect) any changes or abnormalities. Remember to have your baseline mammogram by age 40.

Shower Test

- Place your right hand – palm flat – against the back of your head.
- With the fingertips of your left hand, press lightly, then firmly, against your entire right breast to feel for lumps.
- Switch hands and repeat the process, using your right hand to check your left breast.

You can use any one of the following patterns, but be sure to use the same one each month.



Up + Down



Circular



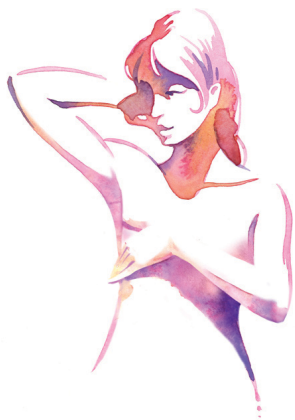
Wedge

Mirror Test

- Stand straight with hands on hips. Check in the mirror for any changes in breast texture, shape, size, nipple appearance, or unusual discharge.

Lying-down Test

- Lie down with a small pillow or folded towel under your left shoulder and left hand behind your head.
- Use your right hand to check your left breast and under your armpit using your “Shower Test” pattern.
- Move pillow under right shoulder, switch arm positions and repeat the process, using left hand to check right breast.



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