

Breast Self Exam

The best defense against breast cancer is early detection. To reduce your risk of developing the disease, you need to routinely check your breasts for breast cancer signs and symptoms.

A breast self exam (BSE) will help you learn the normal feel and shape of your breasts, making it easier to notice any changes. This breast care procedure should be performed monthly beginning at age 20. Breast self exams are best done a few days after your period ends, when your breasts are not tender or swollen. If you no longer get your period, you should perform a breast self exam on the same day of each month.

How to perform a breast self exam (BSE)

Examining your breasts involves feeling for lumps or thickenings as well as looking for visible changes.

While showering, raise one arm over your head. With the fingers of your opposite hand, gently feel your breast for any abnormalities. Repeat this process by raising your other arm and inspecting the other breast with the opposite hand.



When inspecting your breast, keep your fingers flat and together. Gently press the pads of your fingers to the surface of your breast in small, circular motions. Rotate around the entire breast starting from the outermost part and spiral in toward the nipple. Use this circular method to inspect under your armpit and across your collarbone as well.



After you shower, visually examine your breasts in a mirror. Look for any dimpling, puckering, redness or swelling. Raise your arms over your head and check for any changes in size, shape or contour. Gently squeeze both nipples and look for any discharge.



If you feel a breast lump or notice any changes in size or color, be sure to contact your doctor.

Source: www.mammotome.com