

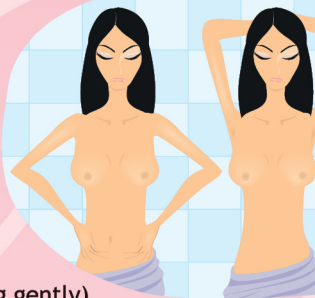
At The Mirror

At each of the following positions:

- Arms at your sides
- Arms raised above or behind your head
- Hands on hips and chest muscles tensed

Look out for:

- Any change in size or shape of breast
- Any dimpling of the skin
- Any change in appearance of nipples
- Any discharge from nipples (by squeezing gently)



Lying Down

Place pillow under left shoulder with left hand under head



- Use middle three fingers of right hand, hold fingers flat to check left breast
- Press firmly, using small circular movements to feel for lumps
- Start from outside edge of breast, going inwards in circles
- Check entire breast, armpit and behind nipple
- Repeat these steps using left hands to check right breast



In The Shower

- Raise right arm above head
- Soap left hand and check right breast as described in “lying down position”
- Repeat the steps using the right hand to check left breast

