

YOU KNOW YOUR BREASTS BEST!

MONTHLY BREAST CHECKS ARE CRITICAL TO DETECTING CHANGES.

If you detect changes, contact your doctor and be an advocate for your own breast health.

STEP ONE:

Look in the mirror and become familiar with the size, shape, color, and texture of your breasts.

STEP TWO:

Raise one hand above your head and feel around your breasts with your other hand. This will help you familiarize yourself with what is your normal and to find anything new or different. Use your three middle fingers to move around your breast in a circular motion to cover the whole area from your armpit to collarbone, including breast tissue.

For more information on specific breast exam techniques, scan this QR code with your device:



Before it's Too Late

by Brookshire McDonald, RN
Two-time breast cancer survivor
Saved by mammograms!

A lump, drainage or dimple in those
breasts
Need to call the doctor for further tests.
So bathe and check
And do not wait
To catch it early –
Before it's too late!

