

Becton Women's Clinic

Paul Becton, Jr. M.D.

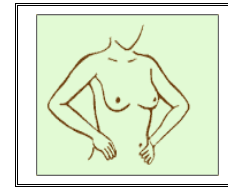
1000 West Kingshighway, Suite 6
AMMC Professional Office Building
Paragould, AR. 72450
870.236.9988
www.bectonclinic.com

****Please print this guide for reference during your self-exam****

How to Perform a Breast Self-Exam

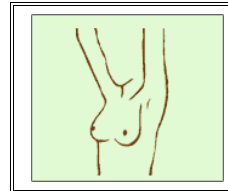
STEP 1

Using a mirror, inspect your breasts with your arms at your sides, with your hands on your hips, and with your arms raised while flexing your chest muscles



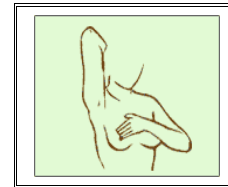
STEP 2

Look for any changes in contour, swelling, dimpling of skin, or appearance of the nipple. It is normal if your right and left breasts do not match exactly.



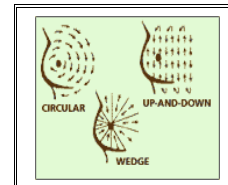
STEP 3

Using the pads of your fingers, press firmly on your breast, checking the entire breast and armpit area. Move around your breast in a circular, up-and-down, or wedge pattern. Remember to use the same method every month. Check both breasts.



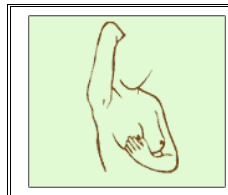
STEP 4

There are three patterns you can use to examine your breast: the circular, the up-and-down, and the wedge patterns. Use the pattern that is easiest for you, and use the same pattern every month.



STEP 5

Gently squeeze the nipple of each breast and report any discharge to your doctor immediately.



STEP 6

Examine both breasts lying down. To examine the right breast, place a pillow under your right shoulder and place your right hand behind your head. Using the pads of your fingers, press firmly, checking the entire breast and armpit area. Use the same pattern you used while standing. Repeat for your left breast.

