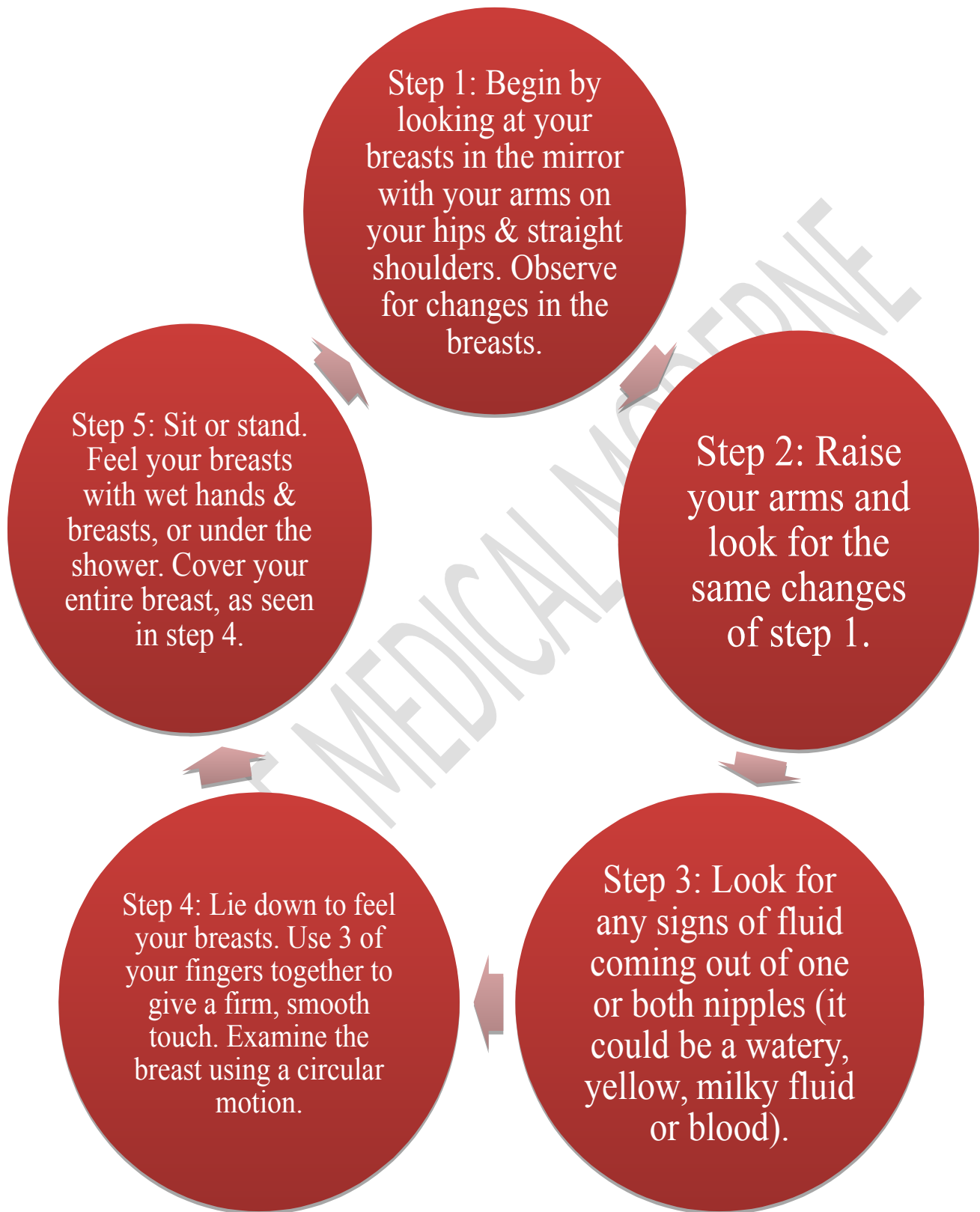


# The Five Steps of Breast Cancer Self-Exam

Modern Laboratories 2018



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## **Note!**

### **In Step 1 & 2, look for:**

- Breasts that have usual size, color, and shape
- Breasts that are evenly shaped without visible distortion or swelling
- If you see any of the following changes, bring them to your doctor's attention:
  - Lumpiness, wrinkling, or bulging of the skin
  - A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
  - Redness, soreness, rash, or swelling

### **In step 4 & 5, follow this pattern:**

- Use your right hand to feel your left breast and your left hand to feel your right breast
- Begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast
- Be sure to feel all the tissue
- Increase the pressure from being light at the skin tissue and beneath it, to medium at the middle of the breast and firm at the deep tissue back
- One must be able to feel the ribcage down at the deep tissue step

Reference:

<https://www.summitmedicalgroup.com/news/living-well/the-5-step-monthly-self-breast-exam/>