The Five Steps of Breast Cancer Self-Exam

Modern Laboratories 2018

Step 1: Begin by looking at your breasts in the mirror with your arms on your hips & straight shoulders. Observe for changes in the breasts.

Step 5: Sit or stand. Feel your breasts with wet hands & breasts, or under the shower. Cover your entire breast, as seen in step 4.

Step 2: Raise your arms and look for the same changes of step 1.

Step 4: Lie down to feel your breasts. Use 3 of your fingers together to give a firm, smooth touch. Examine the breast using a circular motion.

Step 3: Look for any signs of fluid coming out of one or both nipples (it could be a watery, yellow, milky fluid or blood).

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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:
 - o Lumpiness, wrinkling, or bulging of the skin
 - A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
 - o 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/

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