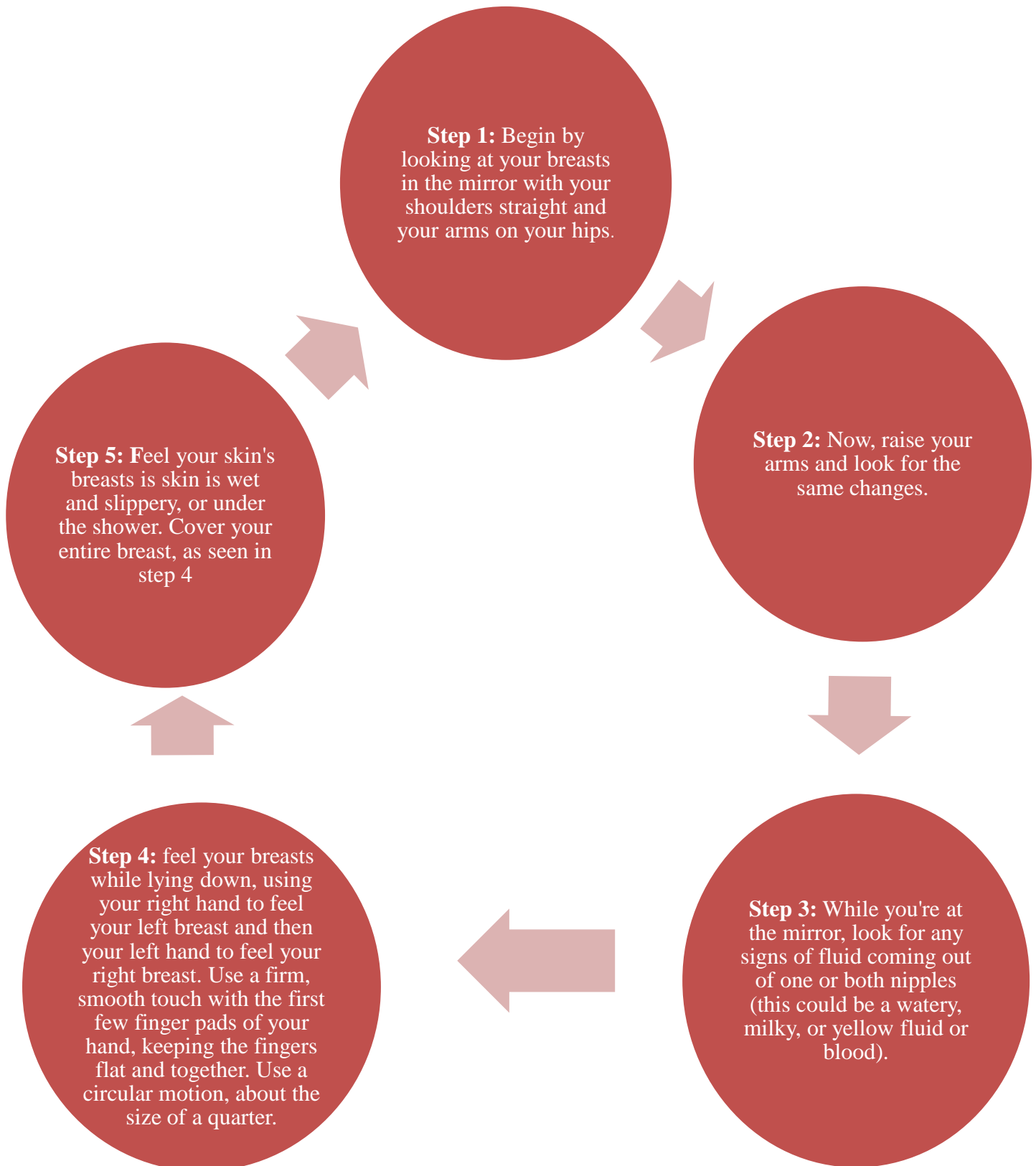


# The Five Steps of a Breast Self-Exam

Modern Laboratories 2016



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## ✓ Note!

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

- Breasts that are their usual size, shape, and color
- 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:
- Dimpling, puckering, 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, follow this pattern:**

- 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
- Use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.