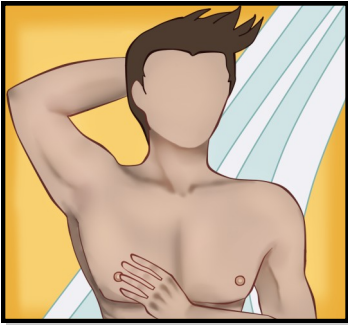


Early diagnosis is the key to surviving breast cancer. Regular breast screenings are the best way to detect breast cancer early, when it is easiest to treat. All men should perform monthly breast self-examinations preferably during or right after a warm shower or bath.

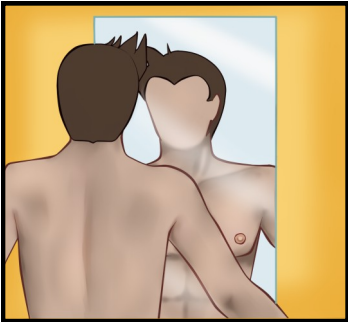


### **In The Shower**

Check each breast one at a time.

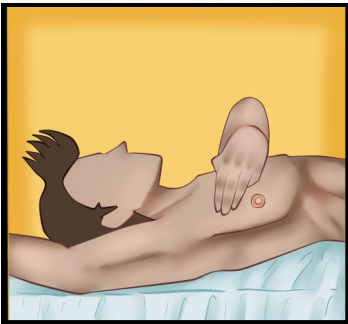
Use your right hand fingers to check your left breast and your left hand fingers to check your right breast.

With your fingers flat against the breast, press firmly in small clockwise circles.



### **In The Mirror**

Inspect your breasts with your arms at your sides. Next, raise your arms high overhead and look for any changes in contour of each breast, a swelling, dimpling of skin, or changes in the nipple.

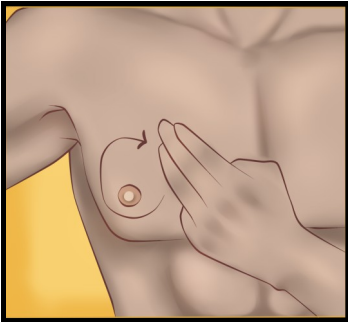


### **Lying Down**

Lie flat on your back and extend your left arm above your head.

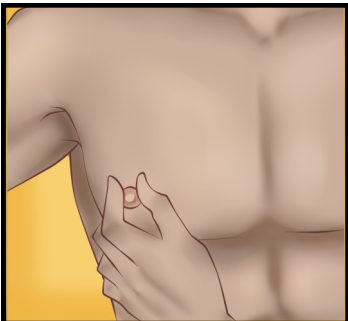
Using your right hand, hold your index, middle and ring fingers together like a Boy Scout salute.

Place the three-finger salute on the outside of your left breast region and press down gently.



Move your fingers in a slow, circular motion that gradually spirals toward the left nipple while focusing for any lumps or irregularities.

Look carefully for changes in the size, shape, and contour of each breast, e.g., puckering, dimpling, or changes in skin texture.



Finally, squeeze the nipple of each breast gently between thumb and index finger.

Switch arm and hand positions and examine the right breast.

Report any bumps, irregularities, discharge, clear or bloody, or any changes to your doctor immediately.