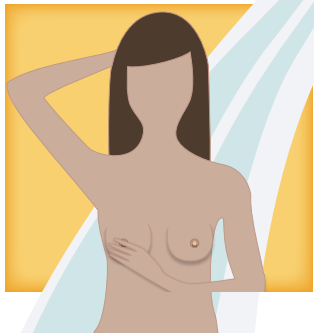
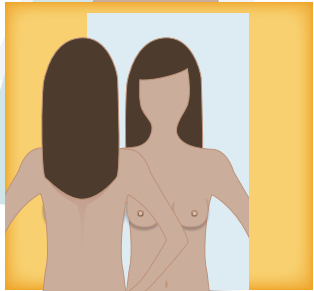


According to the ACS and other experts, women should practice breast self-awareness - knowing how their breasts normally look and feel and reporting any changes to a healthcare provider. Routine structured self-breast exams are not a substitute for professional screening. For women at average risk, mammograms are recommended starting around age 40–45, with follow-up every 1–2 years depending on age and risk factors. Screening may be adjusted for those with higher risk, such as a strong family history or genetic predisposition.



In The Shower

Fingers flat, move gently over every part of the breast. Check for any lump, hard knot or thickening.



In The Mirror

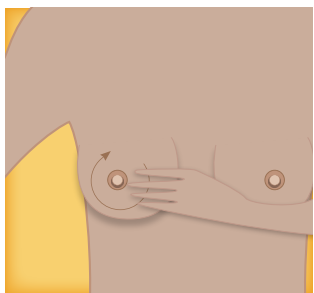
Inspect your breasts with your arms at your sides. Next, raise your arms high overhead and look for any changes in contour of each breast, a swelling, dimpling of skin, or changes in the nipple.

Then, rest palms on hips and press down firmly to flex your chest muscles. Left and right breast will not match exactly—few women's breasts do. Regular inspection shows what is normal for you and will give you confidence in your examination.



Lying Down

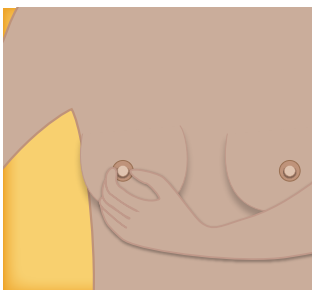
To examine your right breast, put a pillow or folded towel under your right shoulder. Place your right hand behind your head—this distributes breast tissue more evenly on the chest.



With your left hand, fingers flat, press gently in small circular motions around an imaginary clock face.

Begin at outermost top of your right breast for 12 o'clock, then move to 1 o'clock, and so on around the circle back to 12. A ridge of firm tissue in the lower curve of each breast is normal.

Then move in an inch, toward the nipple, keep circling to examine every part of your breast including nipple. This requires at least three more circles.



Now slowly repeat the procedure on your left breast with a pillow under your left shoulder and left hand behind head. Notice how your breast structure feels.

Finally, squeeze the nipple of each breast gently between thumb and index finger. Any discharge, clear or bloody, should be reported to your doctor immediately.

If you or someone you know is need of assistance with a breast screening, please contact UBCF:

Info@ubcf.org | 1-877-822-4287 | ubcf.org/programs-services/breast-screening/