

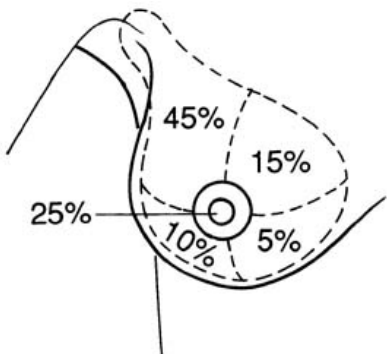
What you are examining

Few women realize the large area of their chest that is actually covered by breast tissue. It may extend from just below the collar bone to the level of the 6th rib and from the edges of the breast bone to the underarm area. A portion even reaches into the armpit region.

Breasts are influenced by the volume of tissue and fat, a woman's age, history of pregnancies and lactation, heredity, the quality and elasticity of the skin, and the influence of breast hormones.

Because of this variety of tissue textures, the breast may often feel lumpy. This is often more obvious in small breasts that have less fat and becomes less obvious after menopause when endocrine stimulation of the breast ceases and glandular tissue softens.

It is very important that you get to know your breasts as they will change throughout your cycle and your life.



Percentage of cancer found in each area of the breast.

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HEALTH CLINIC

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**Be sure to examine the nipples.
Gently squeeze the nipple and
check for any discharge.**

**Examine the upper chest area and
below the armpits - these places
also have breast tissue.**

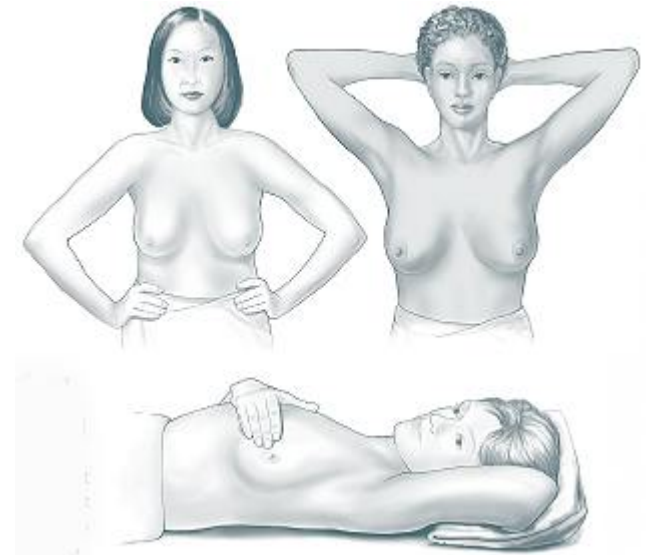
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Breast Self Exam



Tel 952 883 151

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When to do your breast self-exam

The best time to do your breast self-exam is a few days after your period ends each month. Your breasts are less tender or swollen at this time.

If you are not having periods, try to do the exam on the same day each month. Some women choose the first day of each month to help them remember.

Your breast exam should take about 3 minutes per breast. It is very important to be thorough and to cover all of the breast tissue.

If you notice any of these symptoms and need advice or help, either call us here at Bodyworks or get in touch with your specialist:

- A lump
- Swelling
- Skin irritation
- Dimpling
- Pain
- Nipple retraction (nipple turns in)
- Redness of nipple or breast skin
- Scaly nipple or breast skin
- Nipple discharge

Looking

The self-exam should always be done in good light.

Stand or sit in front of a mirror.

Place arms at your sides.

Look for dimpling, puckering, or redness of the breast skin, discharge from the nipples, or changes in breast size or shape.

Look for the same signs with your hands pressed tightly on your hips and then with your arms raised high.

Feeling

You are feeling for any changes. You can do this lying flat on your back, standing, or when you are taking a shower or bath.

It is often easier to examine your breasts when they are smooth and wet with soap and water.

It is a good idea to examine your breasts both ways - lying down and standing.

Examine one breast at a time using one of the three methods on the right.

Feel with the pads (not tips) of your three middle fingers. With your right hand, keeping the fingers flat and together, gently feel your left breast without pressing too hard.

Then change hands and examine the other breast.

Pick a method

Circle. Begin at the top of your breast and move your fingers slowly around the outside in a large circle. When you return to the top, move your hand a little closer to the nipple and make a smaller circle. Do this in smaller and smaller circles until you have examined all of the breast tissue.

Lines. Begin in the underarm area. Slowly move your fingers down until they are below your breast. Move your fingers closer toward your nipple and go slowly back up, using the same motion. Use this up-and-down pattern all the way across your breast.

Wedge. Begin at the outside edge of your breast. Slowly work your way in toward the nipple, doing one wedge-shaped section at a time. Do this until the entire breast area has been examined.

