

Breast Cancer Self-Exam Checklist

How to Perform a Breast Self-Exam

1. Choose a consistent time each month (e.g., a few days after your period ends or the first of the month if not menstruating).
2. Stand in front of a mirror with shoulders straight and arms on hips. Look for changes in shape, size, or color.
3. Raise arms and look for the same changes.
4. Look for signs of fluid coming out of nipples (could be watery, milky, yellowish, or blood).
5. Lie down and use your right hand to feel your left breast and vice versa. Use a firm, smooth touch with the first few finger pads, keeping them flat and together.
6. Cover the entire breast from top to bottom, side to side—from your collarbone to the top of your abdomen, and from your armpit to your cleavage.
7. Feel your breasts while standing or sitting. It may be easier in the shower. Cover the entire breast area.
8. If you notice any lumps, thickening, or changes, contact your healthcare provider promptly.