

PUNCH OUT
AND HANG
ON SHOWER
HEAD

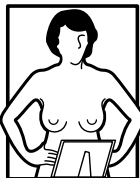


Breast Self-Exam (BSE)

If you find a lump and need a physician, call
904/202-CARE (2273).



In the shower: Raise one arm. With fingers flat, touch every part of each breast, gently feeling for a lump or thickening. Use your right hand to examine your left breast and your left hand for your right breast.



Before a mirror: With arms at your sides, then raised above your head, look carefully for changes in the size, shape, and contour of each breast. Look for puckering, dimpling, or changes in skin texture. Gently squeeze both nipples and look for discharge.



Lying down: Place a towel or pillow under your right shoulder and your right hand behind your head. Examine your right breast with your left hand.



Fingers flat, press gently in small circles, starting at the outermost top edge of your breast and spiraling in toward the nipple. Examine every part of the breast. Repeat with left breast.



With your arm resting on a firm surface, use the same circular motion to examine the underarm area. This is breast tissue, too.



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This self-exam is not a substitute for periodic examinations
by a qualified physician.