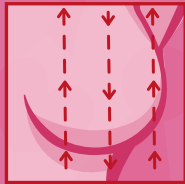


DON'T FORGET MONTHLY BREAST SELF-EXAMS

IN THE SHOWER

- Place right hand behind your head (right breast to left hand).
- An up and down pattern is recommended.
- With fingers pads (not fingertips) of the three middle fingers of left hand, apply three levels of pressure (light, then medium, then firm) in overlapping, dime-sized, circular motions to feel entire breast tissue, including underarm.
- Check for lumps or thickenings.
- Repeat exam on left breast, using finger pads of right hand (left hand behind your head).



LYING DOWN

- To examine your right breast, place your right hand behind your head.
- Follow the same technique as in the shower. Check for lumps, knots, or thickenings.
- Then put your left arm behind your head and repeat steps with right hand on left breast.

STANDING OR SITTING

- Examine each underarm with your arm only slightly raised.

BEFORE A MIRROR

- With hands firmly pressing down on hips, check for changes in the shape, size or skin texture of your breasts.
- Check nipples for any unusual discharge.

Report any changes or irregularities to your healthcare professional

I've completed my monthly self-breast exam (check each month):

☐ JAN ☐ FEB ☐ MAR ☐ APR ☐ MAY ☐ JUNE
☐ JULY ☐ AUG ☐ SEPT ☐ OCT ☐ NOV ☐ DEC

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