

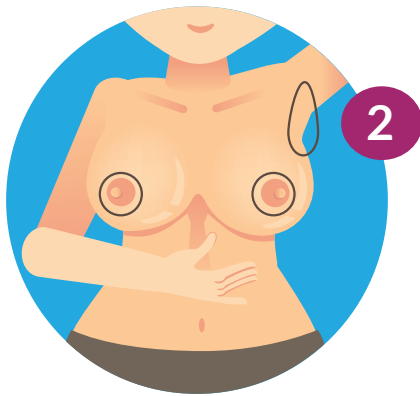
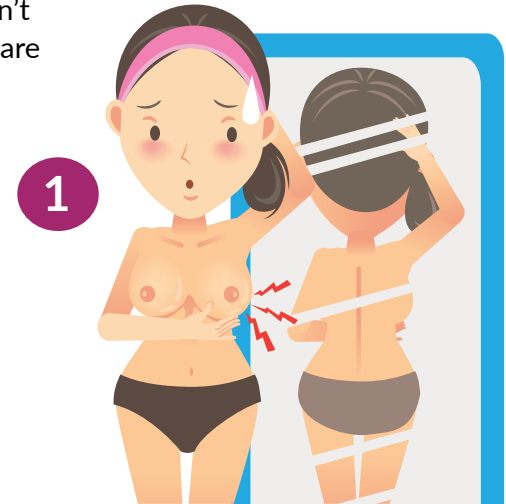
# BREAST SELF AWARENESS

# IN 3 SIMPLE STEPS

**Perform these 3 steps every month.** The important thing is to be consistent and know your breasts! Throughout the month, be aware. Look for new onset discharge nipple or pain in one spot that doesn't go away. Call Women's Health Center of Lebanon or your health care provider if you notice any of these changes or have any questions or concerns!

**Mirror Test** - Look in a mirror at your breasts in three positions- standing normally, with your arms raised overhead, and with your hands on your hips and back hunched over.

- look for any changes in size or shape of your breasts
- look for swelling, changes in color, or redness
- look for any dimpling or puckering of the skin
- look for pulling in of the nipple or other areas of the breast



**Standing Touch Test** - While standing, use the pads of three fingers, use small circular motions to firmly press your breast tissue. Begin in the upper, outer corner of your breasts and move in a circular pattern around the entire breast until you are at the nipple. Don't forget to feel the area under your nipples and the area of your underarms. Complete this process for both breasts.

**Laying Down Touch Test** - While lying down, put one arm up behind your head. Again using the pads of three fingers, repeat step 2 for both breasts.

- notice if there are any lumps, knots, or thickening of the breast tissue
- notice if there is an itchy scale or rash on the nipple
- notice if an area of the breast feels warmer or more tender than other areas



  
**WOMEN'S HEALTH**  
CENTER OF LEBANON