

WOMEN'S
"In the
Shower"

PUNCH OUT
AND HANG
ON SHOWER
HEAD

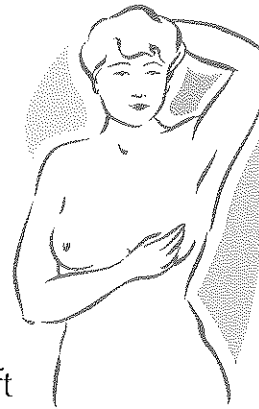
GUIDE TO
Breast
Self-Exam

**PENINSULA BREAST
DIAGNOSTIC CENTER**

PENINSULA REGIONAL MEDICAL CENTER
410-543-7599 • 1-866-922-6237
www.peninsula.org

In the Shower

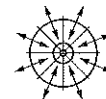
- Put left hand behind head.
- With finger pads of three middle fingers, check for changes by moving right hand over entire left breast area.
- Switch sides and use left hand to check right breast.
- To examine your breasts, use one of the three patterns shown below* and the technique that your healthcare professional recommends. Do it the same way each time. Check for lumps, knots or thickenings.



CIRCLE



UP & DOWN



WEDGE

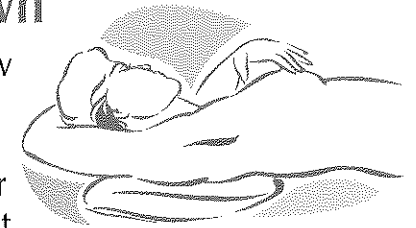
If you have questions about breast self-exam,
talk with your healthcare professional.

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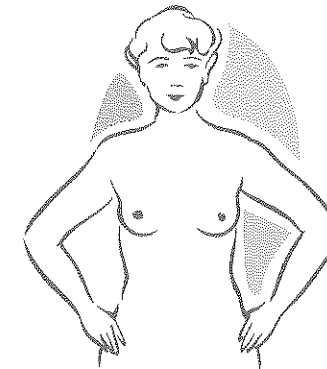
Lying Down

- Place a pillow or a towel under your right shoulder and your right hand behind your head.
- Using your left hand, follow the same technique as in the shower. Then lower right arm slightly and with left hand, check right underarm.
- Repeat on other side, using your right hand to check left breast and underarm.
- Check for lumps, knots or thickenings.



Before a Mirror

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



Report any changes or irregularities
to your healthcare professional right away.

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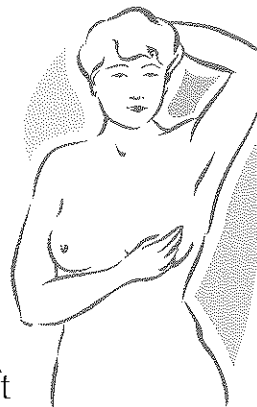
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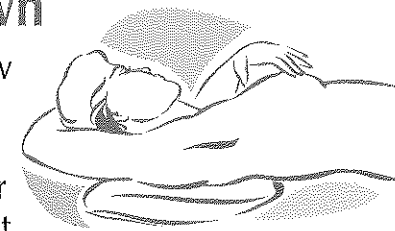
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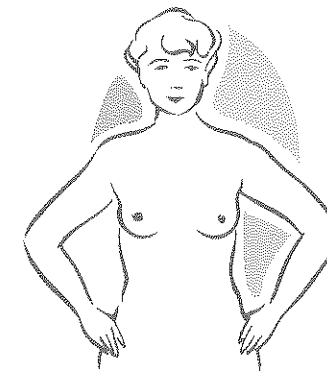
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