

# 10 Easy Steps

## For Monthly Breast Exams



In Front Of A Mirror

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1. Inspect both breasts with your arms at your sides.
2. Raise your arms slowly, paying close attention to any swelling, or change in your breast or nipples.



In The Shower

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4. Extend right arm upward and examine right breast.
5. Extend left arm upward and examine left breast.



On The Bed

### On The Bed

6. Lie down on a bed or floor on your back.
7. Insert your pillow under your right shoulder so that your right breast is flat.
8. Examine your right breast with right arm under head.
9. Insert your pillow under your left shoulder so that your left breast is flat.
10. Examine your left breast with left arm under head.