

# Breast Self Exams

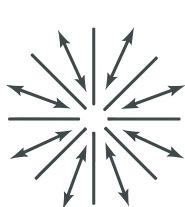


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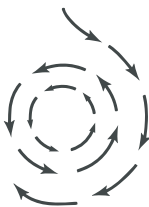
[SouthernCancerCenter.com](http://SouthernCancerCenter.com)

## *In the Shower*

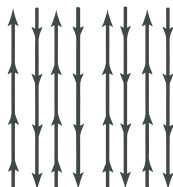
- Raise the arm on the side you are examining
- Use your right hand for your left breast, and your left hand for your right breast
- Move your fingers in one of the patterns below and check for lumps, knots or thickenings
- Examine your entire breast area, including the underarm
- Examine your breasts the same way each time
- Always use the technique recommended by your healthcare professional



**Wedge**



**Circles**



**Lines**

jan

feb

mar

apr

may

june

july

aug

sept

oct

nov

dec