

**1**

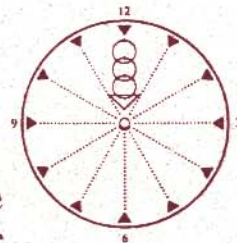
First, with your hand relaxed at your side, look in a mirror to check for changes in size or shape of your breasts. Look for any redness, new bulges, dimples, folds or creases or skin that looks like an orange peel.

**4**

Place one hand on your hip and rotate your shoulder slightly forward. Using the finger pads of the other hand, check the area under your arm for any lumps. Change arms and examine the other underarm.

**7**

Think of your breasts as a clock. Start at 12 o'clock right below your collarbone. Press firmly to move the tissue beneath the skin. You are feeling for any changes. At each "hour", make overlapping circles all the way down to and including the nipple. Don't forget the area under your arms. Change hands and examine the other breast.

**2**

Now raise your arms straight above your head and look for the same changes as above. Your breast tissue runs from below your collarbone to below your breasts and includes all of the area under your arms. You need to examine all of the breast area.

**5**

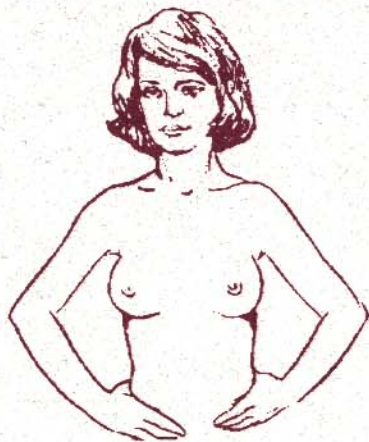
Use the soft pads of your fingers, not the tips.

**8**

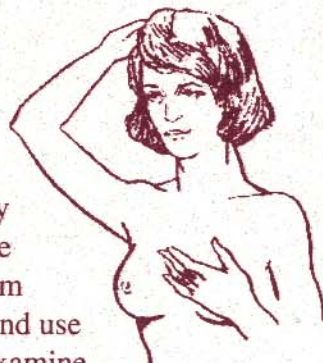
Lying down with one arm behind your head, use the opposite hand to examine that breast. Use overlapping circles, and examine the entire breast as shown above. Change arms and examine the other breast. Using hand lotion may make your fingers more sensitive.

**3**

Put your hands on your hips and push in with your hands. Again look for any changes in your breasts.

**6**

Do the next part in the shower or sitting upright in the tub. Use soapy hands as they can "feel" the tissue better. Place one arm behind your head and use the other hand to examine your breast. Remember to use the soft pads of your fingers, **not** the tips.

**9**

Roll to one side with your wrist on your forehead. Put a towel under your shoulder for support. Examine the outer side of your breast and underarm areas using overlapping circles. Examine both breasts.

