

HEALTH

Breast Self Examination

A Product of the
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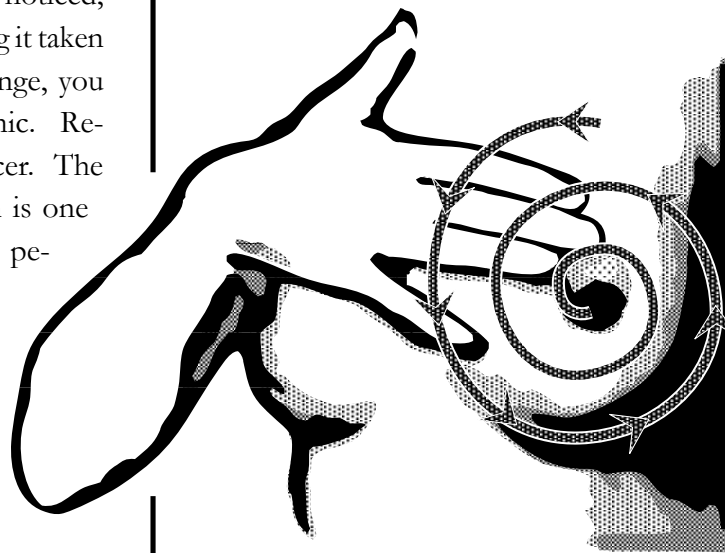
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The breast self examination (BSE) includes touching and looking at your breasts. All women, from puberty through old age, should do this exam each month. It is easy to do. You are looking for lumps or any change. The sooner any lump or change is noticed, the better your chances of having it taken care of. If you notice any change, you should call your doctor or clinic. Remember, not all lumps are cancer. The best time to do your self exam is one week after your last menstrual period.

To do the exam, you should:

- raise one hand over your head
- use the middle three fingers of the other hand
- start at the top of your breast and move slowly around in a circle
- feel for any bumps or lumps
- make at least three circles
- make each circle smaller until you reach the nipple
- gently squeeze the nipple to look for any discharge
- go over each breast twice



If you find any lumps or discharge, call the doctor. You should have a doctor do this exam for you at least once a year. Also, ask the doctor about mammograms. A mammogram is an X-ray of the breast. It may detect lumps too small to see or feel. ■