

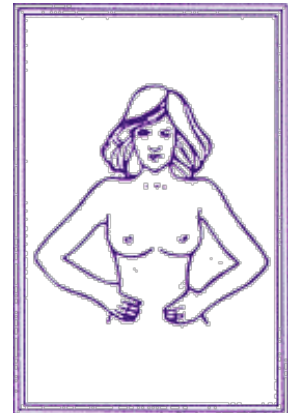
Even before you begin, remember that if you do find a change, the chances of the change indicating cancer are small. The important thing is to contact your doctor and have your breasts checked as soon as possible.

Be sure to perform all three parts of the exam each month, the best time to do your exam is:

- 7-10 days after the start of your menstrual cycle, when your breasts are less tender.
- For post-menopausal women, on the same day of each month.
- For mothers who are breast-feeding, after nursing.

1. In front of the mirror

- Face the mirror with your arms at your sides, and look at your breasts for lumps, dimples or other changes in appearance.
- Repeat the procedure with your arms raised over your head.
- Now, with your hands on your hips, and with your chest muscles tensed, look for lumps or changes.
- finally, gently squeeze each nipple and check for discharge.



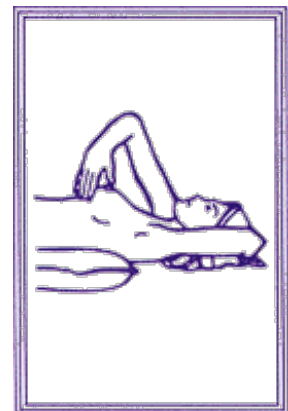
2. While showering

- Put one hand behind your head.
- Soap your other hand, press it firmly against your breast with your fingers held flat.
- Make small circles from your nipple outward, feeling your entire breast and underarm area for lumps.
- Then raise your other arm and examine your other breast.

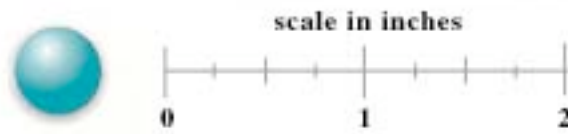


3. While lying down

- Lie on your back in a comfortable position.
- Place a pillow under your left shoulder.
- Examine your left breast with your right hand using the same procedure you used in the shower.
- Now move the pillow under your right shoulder and examine your right breast.



Size of tumors found by mammography and breast self-exam



Average-size lump found by getting regular mammograms: **0.43 inches**



Average-size lump found by first mammogram: **0.59 inches**



Average-size lump found by women practicing regular BSE: **0.81 inches**



Average-size lump found by accident: **1.40 inches**