

PINKTOBER™



Breast Self-Exam

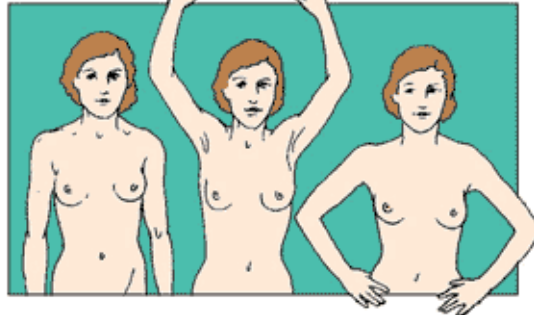
What To Look For

- Lumps
- Skin Dimpling
- Skin changes in either color or texture
- Changes in how the nipple looks (pulling or inversion of the nipple)
- Clear or bloody fluid that leaks out of the nipple
- General pain in the breast
- General change in shape of the breast or swelling
- General pain in your armpit

1. Examine your breasts in the shower.



2. Examine your breasts in the mirror with your arms down, up, and on your hips.



3. Stand and press your fingers on your breast, working around the breast in a circular direction.



4. Lie down and repeat step 3.



5. Squeeze your nipples to check for discharge. Check under the nipple last.



FIGHT LIKE A GIRL

1 in 8
WOMEN
WILL BE DIAGNOSED WITH
Breast Cancer
IN THEIR LIFETIME

