Breast Self-Exam for Him!
Check yourself the same day every month.

1. Check your breasts in front of a mirror for any symptoms or abnormalities.
2. Examine the nipple, most men find their lumps under the nipple.
3. In a sitting or standing position, use the pads of the three middle fingers - examine using light, medium, and deep pressure. (See step 4, for area to be examined)
4. Examining starts at the collarbone and continues down and up the entire breast in a vertical pattern.

Signs and Symptoms
✓ A painless lump or thickening in your breast tissue.
✓ Changes to the skin covering your breast, such as dimpling, wrinkling, redness, or scaling.
✓ Changes to your nipple, such as redness or scaling, or a nipple that begins to turn inward.
✓ Discharge from your nipple.

5. Position yourself in bed which leads to a more even distribution of your breast tissue. Repeat step 3 and 4.

Breast Self-Exam for Her!
Check your breasts the same day every month.
Check yourself a week after your period starts when swelling and sensitivity are less.

1. Check your breasts in front of a mirror for any symptoms or abnormalities.
2. Check your nipples carefully, lumps may be found behind the nipple.
3. In a sitting or standing position, use the pads of the three middle fingers - examine using light, medium, and deep pressure. (See step 4, for area to be examined)
4. Examining starts at the collarbone and continues down and up the entire breast in a vertical pattern.

Signs and Symptoms
✓ Swelling of all or part of a breast (even if no distinct lump is felt).
✓ Skin irritation or dimpling (sometimes looking like an orange peel).
✓ Breast or nipple pain.
✓ Nipple retraction (turning inward).
✓ Redness, scaliness, or thickening of the nipple or breast skin.
✓ Nipple discharge (other than breast milk).