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.

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

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).

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.

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

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.