



## Is it time for your mammogram?

Call 513-298-FAST to schedule your appointment. No physician referral is needed, and same-day appointments are often available.

For women who are uninsured or underinsured (have high deductibles), financial assistance is available. Call 513-298-7611 for more information.

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## Breast Self-Exam

A Guide to Assist Women

*This breast self-exam guide is a tool to help women effectively perform their monthly breast self-exam. It is not meant to replace regular clinical exams by a physician, but may be a helpful reference when discussing any changes or concerns with your physician.*

*The best time to do a breast self-exam is about a week after your period ends, when your breasts are not swollen or tender. If you are not having regular periods, do your breast self-exam on the same day every month.*

## Follow these steps to perform a monthly breast self-exam

## While lying down

Lie down with a pillow under your right shoulder and place your right arm behind your head.

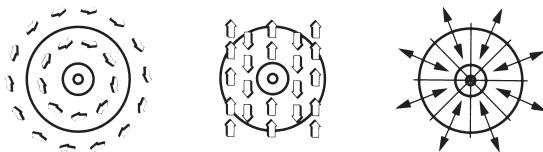


Use the finger pads of the three middle fingers on your left hand to feel for lumps in the right breast.

Press firmly enough to know how your breast feels. A firm ridge in the lower curve of each breast is normal. If you're not sure how hard to press, talk to your doctor or nurse.

Move around the breast in a circular, up and down line, or wedge pattern. Be sure to do it the same way every time, check the entire breast area, and remember how your breast feels from month to month.

Move the pillow to under your left shoulder, and repeat the exam on your left breast, using the finger pads of the right hand.



### While standing:

You may want to do this part of the breast self-exam while you are in the shower. Some breast changes can be felt more easily when your skin is wet and soapy.

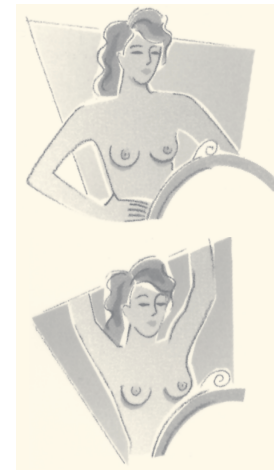


Repeat the examination of both breasts while standing, with your one arm behind your head. The upright position makes it easier to check the upper and outer part of the breasts (toward your armpit). This is where about half of all breast cancers are found.

**While standing in front of a mirror:**

With your hands at your sides, check for lumps or dimpling.

Raise your arms above your head and look for changes in the size or shape of your breasts, or changes in the texture of your skin.



## Possible warning signs of breast cancer:

- An unusual increase in the size of one breast
- One breast is unusually lower than the other
- Puckering of the skin of the breast
- New dimpling of the nipple
- A change in the skin of the nipple
- Discharge or bleeding from the nipple
- Abnormal nipple deviation from center
- Enlargement of the lymph nodes
- Unusual swelling of the upper arm
- Localized pain

### Notes to give to your physician:

Contact your physician immediately if you detect any changes or abnormalities during your breast self-exam.