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BREAST SELF-EXAM IN THE SHOWER



STEP 1

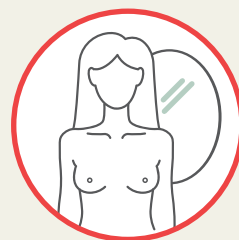
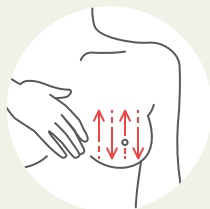
Put your right arm behind your head. With your left hand, check your right breast for lumps or thickenings. Explore your entire breast, starting with the armpit and finishing with the nipple.



STEP 2

With the three middle finger pads of your left hand, apply light, medium, and firm levels of pressure on your breast in the motions below.

Repeat steps 1 and 2 with your left arm behind your head and right hand on your left breast and underarm.



STEP 3

After showering, relax your arms by your sides and check your breasts in the mirror. Look for any changes in color, size, shape, or skin texture. Check your nipples for any changes including unusual discharge. **Report any changes or irregularities to your healthcare professional immediately.**