

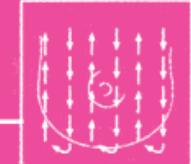


**Red Bank:**  
513-527-7750

**Over the Rhine:**  
513-241-CURE (2873)

**Tri-County:**  
513-772-7750

## 1 Move Around the Breast in a Set Way.



**A**



**C**

You can choose from the vertical strip (A), the circle (B), or the wedge (C) method. Always use the same method every time. Be sure to cover the entire breast. Use the same method on both breasts. The best time to examine your breasts is a few days after your period when your breasts are less apt to be tender or swollen.

## 2 While in the Shower,

raise your right arm. Use the three finger pads of your left hand to touch every part of your right breast. Feel gently for any lumps or changes under the skin. Then raise your left arm and use the three finger pads of your right hand to examine your left breast.

*Turn over for further instructions.*



JAN

FEB

MAR

APR

MAY

JUN

JUL

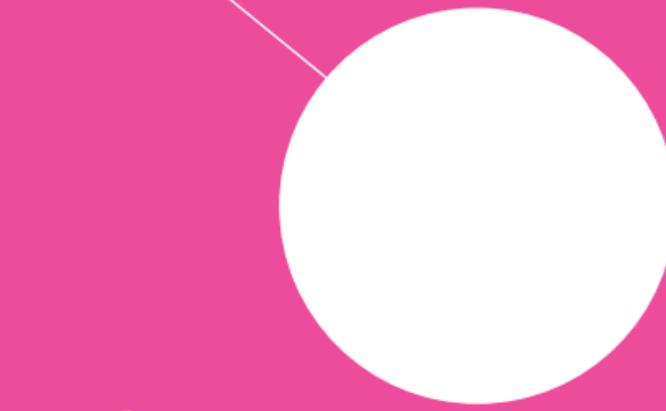
AUG

SEP

OCT

NOV

DEC



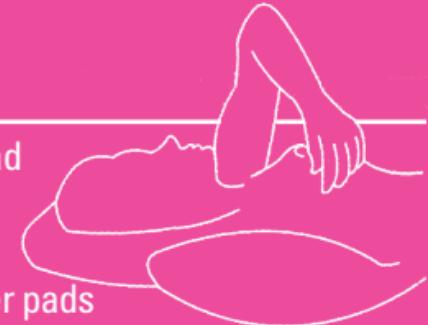
## **3 Standing in front of a mirror,**

place your arms at your sides. Check both breasts for anything unusual – discharge, puckering, dimpling, or changes in skin texture. Clasp your hands behind your head and look carefully for any changes in the shape or contour of your breasts. Gently squeeze both nipples and look for discharge.



## **4 Lie Flat on Your Back,**

with your left arm over your head and a pillow under your left shoulder. Put your left hand behind your head. Use the finger pads of your three middle fingers on your right hand to begin touching your left breast gently, but firmly. Repeat exam on the opposite side.



## **5 Finally, Rest Your Arm**

on a firm surface and use the same method of choice to examine the area between the breast and the underarm and the underarm itself on right and left side. All of this is breast tissue as well. You've completed your breast exam for this month! Turn this card over and punch out the appropriate circle. If you found any changes, see your doctor immediately.

