

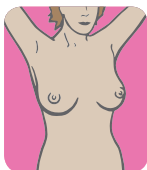
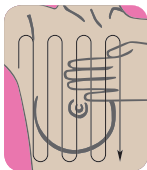
Breast self-exam (BSE) is a tool that may help you learn what is normal for you. BSE includes looking at and feeling your breasts. If you notice any changes in your breasts, see your health care provider right away.



### Step 1: Lying Down

Feel for changes:

- Lie down on your back with a pillow under your right shoulder
- Use the pads of the three middle fingers on your left hand to check your right breast
- Press using light, medium and firm pressure in a circle without lifting your fingers off the skin
- Follow an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit
- Repeat on your left breast using your right hand



**These steps may be repeated while bathing or showering using soapy hands.**

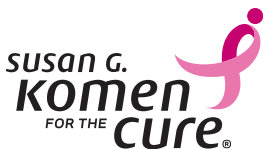
### Step 2: In Front of the Mirror

Look for changes:

- Hold arms at your side
- Hold arms over your head
- Press your hands on your hips and tighten your chest muscles
- Bend forward with your hands on your hips



For more information about breast health and breast cancer, please call our Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) or visit our website at [www.komen.org](http://www.komen.org).



1-877 GO KOMEN  
[www.komen.org](http://www.komen.org)

## Susan G. Komen for the Cure®

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure and launched the global breast cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures. To date, we have invested nearly \$1 billion to fulfill our promise, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world.

### Susan G. Komen for the Cure recommends that you:

- talk to your family to learn about your family health history
- talk to your doctor about your personal risk of breast cancer
- ask your doctor which screening tests are right for you if you are at a higher risk
- have a mammogram every year starting at age 40 if you are at average risk
- have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40
- know how your breasts look and feel and report changes to your health care provider right away
- make healthy lifestyle choices that may reduce your risk of breast cancer

Studies have shown that BSE used alone does not decrease mortality rates so it is important to get regular mammograms and clinical exams to find breast cancer as early as possible.

Susan G. Komen for the Cure does not provide medical advice.

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