

Your Guide To:

Breast Self-Exam (BSE) in the Shower

The best time to examine your breast is one week after the end of your period, when your breasts are least likely to be tender or swollen.

1. Raise your left arm. Use your right hand to examine your left breast.
2. Use the sensitive finger pads (where your fingerprints are, not the tips) of the middle three fingers on your left hand. Feel for lumps using a circular, rubbing motion in small, dime-sized circles without lifting the fingers.
3. Press firmly enough to feel different breast tissues, using three different pressures. First, light pressure to move the skin without jostling the tissue beneath, then medium pressure pressing midway into the tissue, and finally deep pressure to probe down to the ribs or to the point just short of discomfort.
4. Completely feel all of the breast and chest area up under your armpit and up to the collarbone and all the way over to your shoulder to cover breast tissue that extends toward the shoulder.
5. After you have completely examined your left breast, examine your right breast using your left hand.
6. Also, check your breasts in a mirror looking for changes in size or contour, dimpling of the skin or spontaneous nipple discharge.