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Diseases and Surgery of the Breast

Breast Care

Self Exam



*Breast Care in a Comprehensive
and Caring Manner*

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Self Exam



Starting in your 20's you may wish to start doing breast self exams (BSE) to know how your breasts look and feel. Tell your doctor or nurse about any changes in your breasts. In addition to BSE, women should have yearly mammography starting at age 40 and regular check ups and clinical exams from a health care provider.

STEP 1

Standing in front of a mirror

Look for the following:

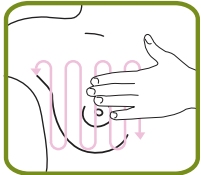
- Lump or hard knot
- Swelling or warmth
- Redness or darkening
- Change in the size or shape
- Dimpling or puckering
- Itchy, scaly sore or rash
- Pulling in of your nipple
- Nipple discharge
- New pain that does not go away



STEP 2

Lying down or in the shower

Use finger pads of three middle fingers with light pressure to feel tissue closest to skin, medium pressure to feel deeper and firm pressure to feel tissue closest to the chest wall.



STEP 3

Sitting up or standing with arm slightly raised

Feel area under each arm pit for lumps or changes.



This self-exam is not a substitute for periodic examinations by a qualified physician.

DON'T PANIC

If you notice changes in your breasts, don't panic; most cases are benign, although you should seek the advise of a health care provider.

