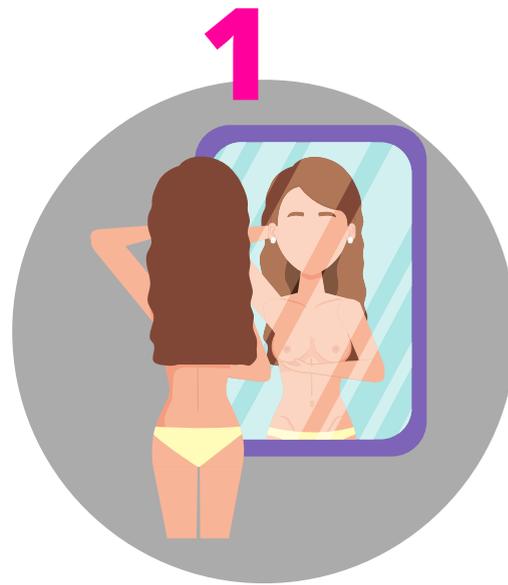
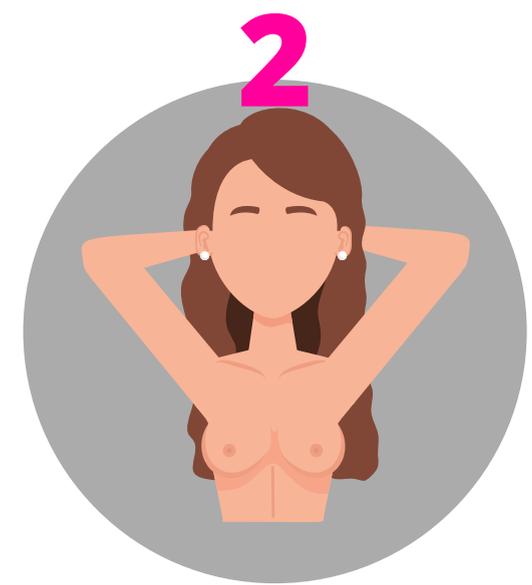


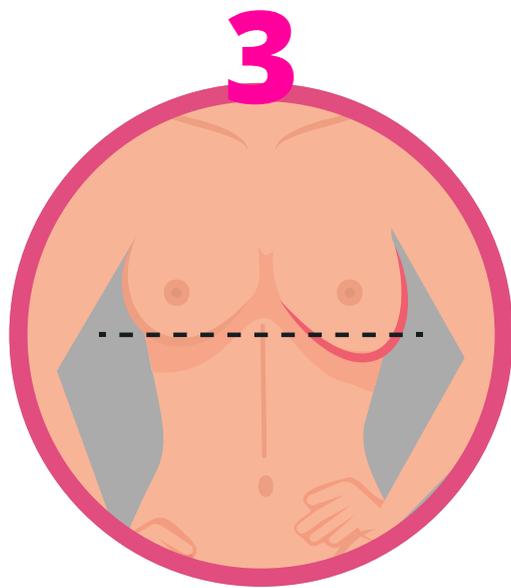
# BREAST SELF-EXAMINATION IN 5 STEPS



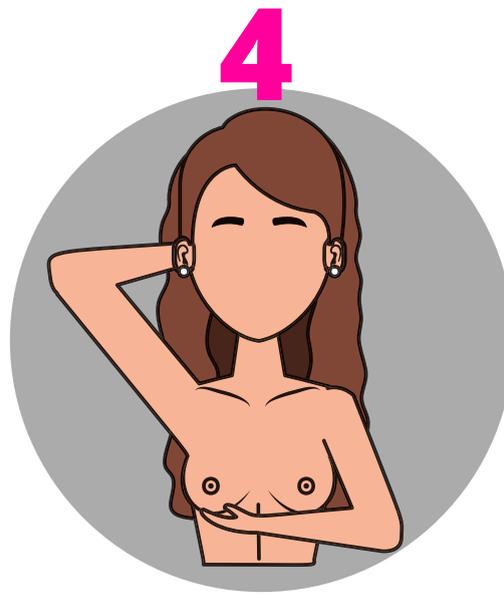
STAND IN FRONT OF A MIRROR. EXAMINE **EACH BREAST** FOR ANYTHING UNUSAL. EXAMINE **YOUR SKIN** FOR SIGNS OF PUCKERING, DIMPLING, OR SCALINESS. AND **THE NIPPLES** FOR DISCHARGE



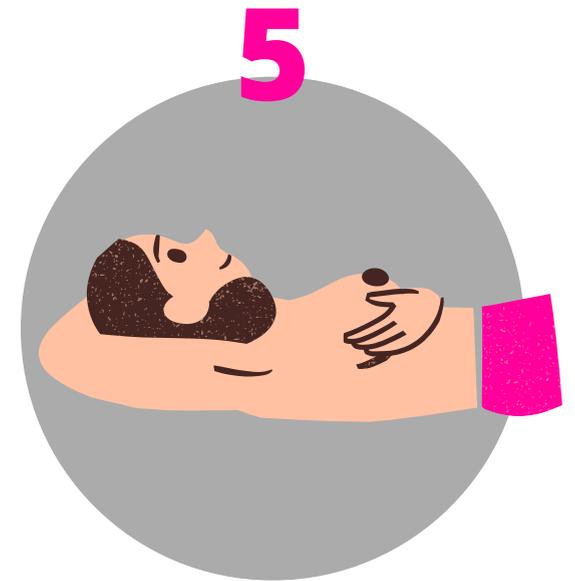
WATCH CLOSELY IN THE MIRROR, **CLASP YOUR HANDS BEHUND** YOUR HEAD AND PRESS YOUR HANDS FORWARD



PRESS YOU HANDS FIRMLY ON **YOUR HIPS** AND **BEND SLIGHTLY TOWARD** THE MIRROR AS YOU PUT YOUR SHOULDERS AND ELBOWS FORWARD



GENTLY **SQUEEZE THE NIPPLE**. LOOK FOR ANY FLUID LEAKING. SEE YOUR DOCTOR, IF YOU HAVE A DISCHARGE DURING THE MONTH



LIE FLAT ON YOUR BACK, **WITH ONE ARM OVER YOUR HEAD** AND A PILLOW OR FOLDED TOWEL UNDER THE SHOULDER. THIS POSITION FLATTENS THE BEAST AND MAKES IT **EASIER TO CHECK**