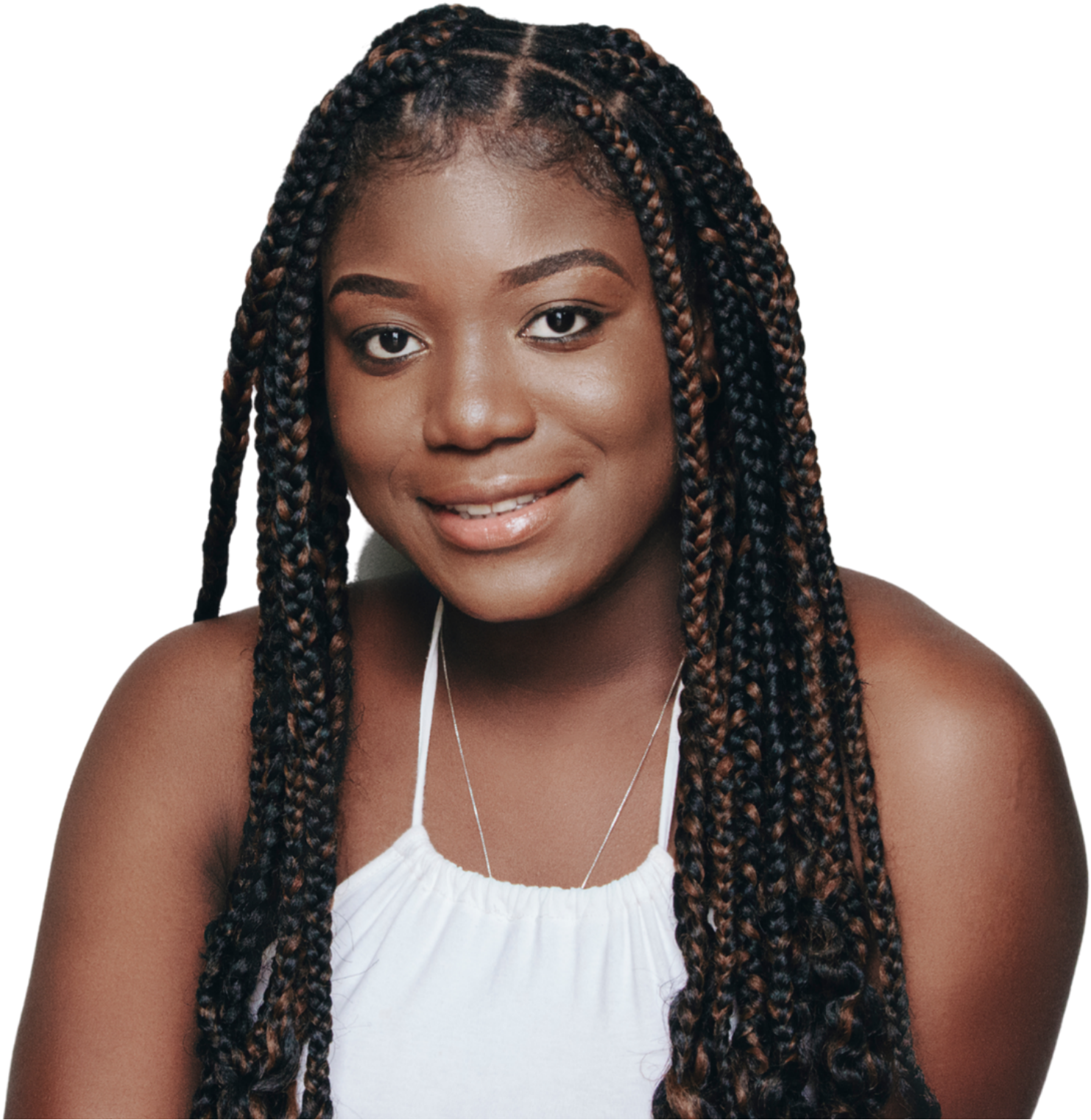
BREAST SELF-EXAM

Checklist



Breast self-exam

Checklist

- [ ] **Touch your whole breast and under your armpit**
  - Do you feel any lump or thickness or swelling? (You may feel a lump but not see it.)
  - Do you feel any pain that won't go away?

- [ ] **Check the size and shape of your breasts**
  - Is this the normal size and shape?

- [ ] **Check the skin of your breasts**
  - Is there any redness, rash or dimpling/puckering?

- [ ] **Check your nipples - is there any:**
  - Change in position? (is it pulled in or pointing inn a different direction?)
  - Rash?
  - Dried and peeling skin?
  - Bleeding or unusual liquid/discharge?

This is NOT a diagnostic test.
If you notice an unusual change in your breast, please report to a doctor.

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