

Tips for the Breast-Self-Exam

Perform the self-examination of your breast from day 7-10 after the start of your period. It does not replace a doctor's visit! In case you do not have your period anymore, please choose one fixed day during the month on which you carry out the breast exam.



1. Stand in front of a mirror with your arms hanging naturally at the sides. Look at your breasts and pay attention to changes in

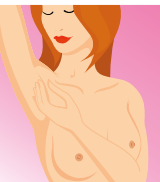
size and shape, skin changes, distortions, and swelling on the skin or the nipple.



2. Rest your arms on your right and your left hip and pay attention to possible changes once again.



3. Raise your arms over the head as well as behind the head and repeat the examination.



4. Now use the three middle fingers of your left or right hand (index finger, middle finger, and ring finger) to examine the axilla of the

opposite side to check if you can feel any abnormalities.



5. Use your thumb and your index finger to squeeze your nipple and check whether there is fluid coming out of your nipple. If yes,

observe the colour of the fluid so that you can report back to your physician.



6. How do you check your breast properly? Use the three middle fingers of your hand. You must proceed systematically and examine the

whole breast part by part. In doing so, you can examine your breast from the right to the left side and from bottom to top.

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Brustkrebs Deutschland e. V.

Stadtsparkasse München

IBAN: DE61 7015 0000 1001 1958 23

BIC: SSKMDEMMXXX

brustkrebsdeutschland.de

Phone: +49 89 41 61 98 00

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