



**In the Shower** Raise one arm. With fingers flat, touch every part of each breast, gently feeling for a lump or thickening. Use your right hand to examine your left breast, your left hand for your right breast.



**Before a Mirror** with arms at your sides, then raised above your head, look carefully for changes in the size, shape, and contour of each breast. Look for puckering, dimpling, or changes in skin texture. Gently squeeze both nipples and look for discharge.



**Lying Down**

Place a towel or pillow under your right shoulder and your right hand behind your head. Examine your right breast with you left hand.



**Fingers flat**, press gently in small circles, starting a the outermost top edge of your breast and spiraling in toward the nipple. Examine every part of the breast. Repeat with left breast.



**With you arm resting** on a firm surface, use the same circular motion to examine the underarm area. This is breast tissue too.



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The Mary Kay Ash Charitable Foundation hopes this sachet will remind you to do your monthly self breast exam.



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