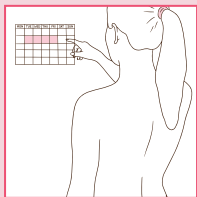
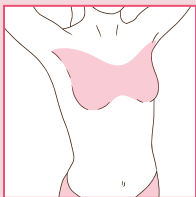


You Matter.

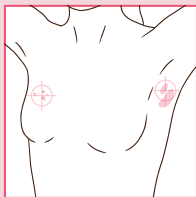
DO IT YOURSELF, AT HOME BREAST EXAM



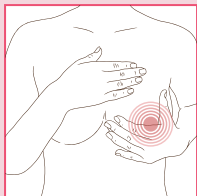
Check your breasts once a month, 7-10 days after your periods start. If you're not menstruating, pick any date.



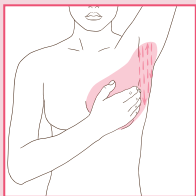
Examine your breasts with raised arms, then with both hands on your hip bones, then with arms down and relaxed.



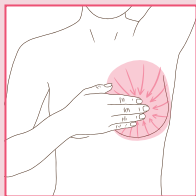
Look for any physical changes such as lumps or swelling, redness or rash, any changes in the shape or position of nipples



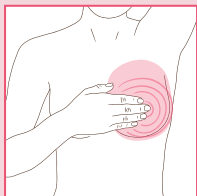
Gently squeeze each nipple one at a time to check it for pain or discharge.



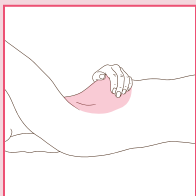
Raise one hand and use the pads of 3 or 4 fingers from your other hand. Examine your armpit first.



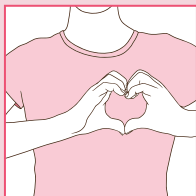
To check breast, start at the outer edge and move toward the nipple. Cover as small a section at a time as you can.



Do the same moving your fingertips up and down, then in round movements, starting from the outer part of the breast.



Follow the same steps while lying on your back. Use a pillow under the head should if you'd like.



If you have any questions or concerns, visit your doctor. Do mammography annually after age 40.