

Stand and Feel



Whole breast



Above breast



Feel under both arms



On your side

Lay down and Feel



On your back



On your side

For more information visit:

www.BreastSelfExam.ca

www.ExamenDuSein.ca

www.BreastHealthNW.ca

Get Checked



once a year by a Doctor or a Nurse

Before 50 years old:
ask a Doctor about a mammogram

After 50 years old:
mammogram every 1 to 2 years

Tell a Doctor
or a Nurse about
any changes



**Have a
Mammogram**
(Breast X-Ray)



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Developed by:
**Thunder Bay
Breast Health Coalition**

How to Check
**Your own
Breasts**
for Health



Funded by:



Stand and Look for changes



Arms Up



Hands on Hips



Lean Over

Look For...



Skin Changes



Nipple Change



Lumps / Thickening



Leaking



Redness



Dimpling / Puckering

Feel for lumps



Use your three
middle fingers together

Move your fingers
in small circles from
the outside of your
breast to the nipple

Check on the
same day once a month
or after every period



Feel under your armpit

Feel your whole breast
with firm gentle pressure

For more information call toll free: 1-800-461-7031 or 1-800-387-9816