

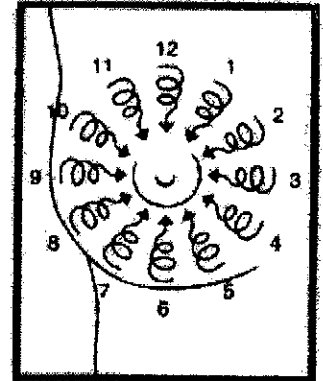
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Breast Self Examination:

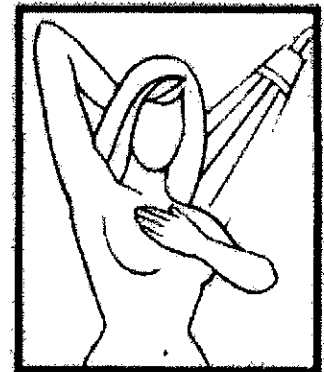
To be done the same time every month, 7-10 days after the start of your period if menstruating. If not, use a fixed day each month.

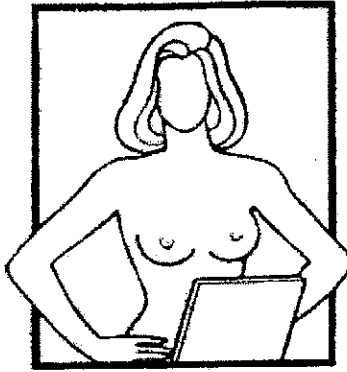
There are a number of recognized methods for examining your breasts. One way is using the clock method. Pretend your breast is a clock. Using the flat pads of your fingers, press gently but firmly in small overlapping circles, starting at 12 o'clock, right below the collarbone and moving to the nipple. Do not miss an "hour". Another method would be to examine the breast in concentric circles starting at the nipple. Carefully examine the area between the breast and the armpit as that area also contains breast tissue. Examine every part of the breast and repeat with other breast. Whichever method you choose, it is important to be consistent.



In the Shower

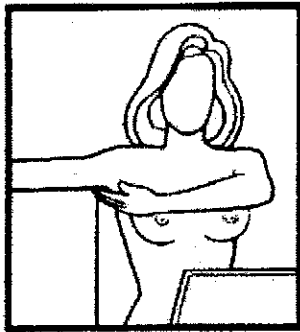
Raise one arm. With fingers flat and soapy, touch every part of each breast, as above, gently feeling for a lump or thickening. Use your right hand to examine your left breast, and your left hand for your right breast.



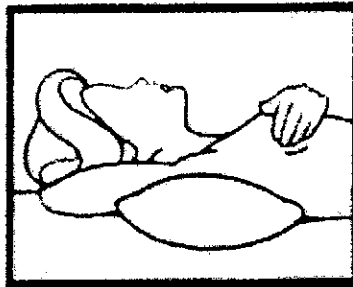


Before A Mirror

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, colour or rashes. Check for changes in the nipple such as, whether they have become pulled in.



With one hand on your hip, tense and push arm forward to make a pocket under the arm and use the same method as when lying down to check this area. Repeat on other side. With your arm resting on a firm surface, use the same circular motion to examine the underarm and side rib cage area.



Lying Down

You must also examine your breasts lying down. To balance the breast on the chest, place a towel or pillow under your right shoulder and your put your right hand behind your head. Examine your right breast with your left hand. Repeat on other side

World Conference on Breast Cancer, Victoria, British Columbia, Canada

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