

CHECK YA-SELF

SELF-BREAST CHECKS (SBC)

- ✓ Take 2 minutes 2 Check-Ya-Self Monthly
- ✓ Feel Your-Self. Feel your breasts, underarm towards the back and collarbone neck areas: can you feel anything new or unusual?
- ✓ Look at Your-Self. Look at those areas for changes: does anything look different to you?
- ✓ Felt or See Anything NOT your Normal?
- ✓ Be Seen. Get Screened. Contact Your healthcare provider.

Early detection means finding and diagnosing a disease earlier than if you'd waited for symptoms to start. The earliest breast cancer is found, is small and confined, its stage and has not spread out side of your breast area leads to earlier treatment, less aggressive treatment options and better outcomes.

Knowing your normal is important and most often when breast cancer is detected it is from a lump. That is why knowing your normal and being familiar with how your breasts feel and look is important. Recognize the signs (which often times is not a lump) and report any changes to your health care provider right away.

Check Yourself!

LOOK & FEEL

Look for changes in your breasts while standing in front of a mirror. Check for any changes in size, shape or contour including dimpling, rash, redness or scaleness of the nipple or breast skin.



Use the pads of the three middle fingers to feel your breasts. Press using light, medium and firm pressure in a circle without lifting your fingers off the skin. Use an up and down pattern to check your whole breast.



Feel for changes in your breast above and below your collarbone & in your armpit. Breast self-exams can be performed while lying down on your back with a pillow under your shoulder or while bathing or showering using soapy hands.

Early detection is your best protection!