

# SAVE YOUR LIFE IN THE SHOWER

Choose a day each month to make breast self-examination a regular part of your good health routine.

Soapy fingers glide easily over wet skin in the shower. Use your fingers pads to examine one breast at a time. Don't miss any area, including behind the nipple, breastbone, collarbone, upper chest, bra line, between the breasts and the armpit. Feel for any unusual lump, mass or thickening under the skin. Move your fingers in a circular motion while doing

**LINES,  
CIRCLES &  
WEDGES.**



## AFTER YOUR SHOWER

Look in the mirror for the unusual:

- Nipple retraction
- Redness or scaling
- Dimpling or puckering
- Nipple discharge
- Changes in your breast shape



Stand with your arms at your sides.



Lean toward the mirror, hands on your hips, pull your shoulders and elbows forward with a hugging motion and look carefully.

Look again bending forward at the waist.



Raise your hands behind your head to see the underside of your breasts.



Lie on your back with an arm over your head and a towel under your shoulder. Repeat your lines, circles and wedges to feel for unusual lumps, masses or thickening under the skin.

Lotion or powder makes your fingers glide easier.

## LYMPH NODE CHECK



Roll your shoulder forward with hands on your waist. Feel for an enlarged lymph node. It may feel like a corn kernel or a bean.



With your arm at your side, sweep down the outer, middle and inner areas from collarbone to nipple.



Woman's