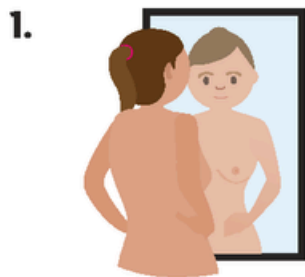


MSK Direct

Breast Self-Exam

Breast self-awareness involves knowing your breasts' normal appearance and texture to detect any changes. A breast self-exam, while not recommended by MSK for routine screening due to limited effectiveness, can still be done occasionally for familiarity by people of all genders.

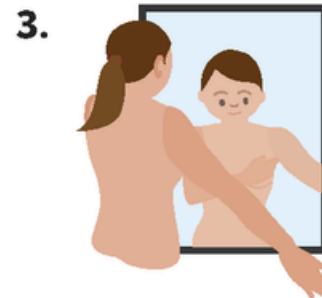


Stand in front of a mirror with your breasts exposed. Press your hands firmly down on your hips.



Look in the mirror for any changes in your breasts

- Changes in size, shape, or form
- Dimpling of your breast skin
- Redness or scaliness of your nipples or breast skin
- Any discharge (fluid) from your nipples



Raise one of your arms slightly and examine that underarm. Feel that underarm for any changes or lumps. Do the same thing with your other underarm. Do not raise your arm straight up. Doing this tightens the tissue in this area and makes it harder to examine.

If you notice any changes in your breasts, call your doctor. To schedule a mammogram or if you or a loved one is impacted by cancer and would like to explore the options at MSK, call the MSK Direct phone number **646-449-1515** or learn more at: mskcc.org/mskdirectforyou

