

THE MARY KAY  
FOUNDATION

## BREAST SELF-EXAM

1

### IN THE SHOWER

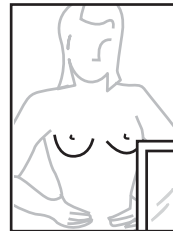
- With fingers flat, move hand gently over every part of each breast.
- Use right hand to examine left breast, left hand for right breast.
- Check for any lump, hard knot or thickening.



2

### BEFORE A MIRROR

- Inspect your breasts with arms at your sides.
- Next, raise your arms high overhead.
- Look for any changes in contour of each breast: a swelling, dimpling of skin or changes in the nipple.
- Then rest palms on hips and press down firmly to flex your chest muscles.
- Left and right breast will not exactly match — few women's breasts do.



3

### LYING DOWN

- Put pillow under right shoulder.
- With fingers flat, press gently in small circular motion; then squeeze nipple.
- Check for discharge and lumps.



Repeat exam same time each month.  
Check for any abnormalities and report  
them to a physician.

Printed in China

The Mary Kay Foundation is a public  
non-profit organization which funds innovative  
research for cancers affecting women.

For more information, please call: 1-877-MKCARES.