

You Can Learn to Completely and Confidently Examine Your Own Breasts

We understand that breast self-examination (BSE) can be confusing. Individualized instruction can help. We offer private instruction on BSE with our nurse educator.

During your 30-minute instructional session, you will:

- Learn to tell the difference between normal breast lumpiness and a true lump using Mammacare™ silicone breast models.
- Learn to expertly examine your own breasts and receive immediate feedback from the nurse educator on technique and findings.

How do I Make an Appointment?

Call (415) 600-6281 or (415) 600-1914 for an appointment. We can coordinate your BSE instruction with your Breast Health Center mammogram appointment.

Performing Breast Self-Examination (BSE)

BSE Positions



- ❑ **Flat position:** Lie flat on your back. Place the arm of the side to be examined above your head and resting on a surface (e.g., a pillow).



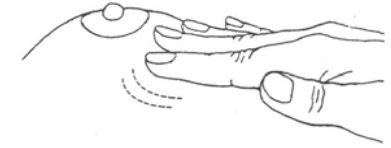
- ❑ **Side-lying position:** This position is helpful for larger breasts. Lie flat on your back. Bring your knees together with your feet flat on the floor. Tilt your knees to the opposite side of the breast you are to examine (e.g., tilt your knees to the left while examining your right breast). Place the arm of the side to be examined above your head and resting on a surface.
- ❑ **Standing:** Although lying down is the recommended position for performing BSE, some women prefer to examine their breast while standing (for instance, while showering).



1. Examine your whole chest, from your armpit to your breastbone and from your bra line to your collarbone. Use the opposite hand to examine your breast (e.g., use your right hand to examine your left breast).



2. Use the pads of your three middle fingers.



3. Use light, medium and deep pressures. Imagine making dime-sized circles in the sand, pushing lightly at first, then deeper.

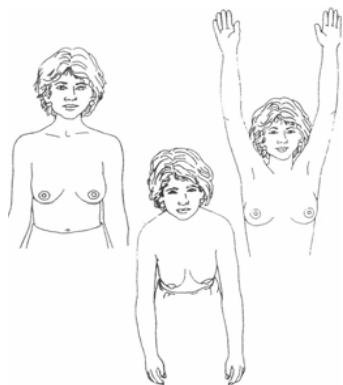


4. Use the vertical strip method, starting in your armpit.



5. Examine your armpit for an enlarged lymph node.
 - Do this in a sitting or standing position.
 - Use the opposite hand to examine your armpit (e.g., use your right hand to examine your left armpit).
 - Relax your arm at your side while it is being examined.

Performing a Visual Examination



Look at your breasts while standing in front of a mirror. Remember to look at your breasts from the front and sides. Tell your doctor if you have the following:

- A persistent sore on your nipple or on the area just around your nipple (areola).
- Nipple discharge that comes suddenly and continues for some time.
- A breast that is red, warm, swollen and painful.
- Changes in breast contour or shape:
 - Skin dimpling
 - Flattening
 - Bulging

Your Personal Breast Care Plan

Monthly Breast Self-Examination:

- If you have regular menstrual cycles, perform your BSE seven days after the start of your period each month.
- If you are no longer menstruating, perform your BSE on the first day of each month.

Clinical Examination:

- Yearly
- Other: _____

Mammogram:

- Yearly after age 40
- Other: _____

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Note: This information is not meant to replace any information or personal medical advice which you get directly from your doctor(s). If you have any questions about this information, such as the risks or benefits of the treatment listed, please ask your doctor(s).

Individualized Instruction in Breast Self- Examination

Your appointment with our nurse educator.
(415) 600-6281 or (415) 600-1914

Date: _____

Time: _____

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www.cpmc.org/women/breast