

Monthly Breast Self-Exam

A breast self-exam can help you become familiar with how your breasts normally look and feel. Doing breast self-exams once a month (a week after your period) is a simple habit that can help identify any changes in your breasts.

During this exam, check your breasts for:

- lumps
- thickening
- puckering
- dimpling
- changes in appearance, skin texture or hardened knots

Gently squeeze both nipples to check for bleeding or discharge. Also check the nipples for inversion, itchy or flaky skin.

If anything seems unusual to you or if you are experiencing pain or discomfort, talk to your health care provider.

How to Perform Your Breast Self-Exam:



Look - Raise your hands above your head while looking in the mirror, and then put your hands firmly on your hips to check for changes in the shape and contour of each breast.



Feel - While standing or lying down, use your fingertips to apply firm pressure on each breast. Cover the entire breast area from top to bottom, side-to-side and in a circular motion. Check for lumps or any unusual changes in the breasts.

Perform your breast self-exam the same way every month. This can ensure you have gone over the entire breast area, and will help you remember how your breast feels each month.

To schedule a mammogram:

Call **877.40.MAMMO(62666)** or visit **memorialhermann.org/breastcare** to schedule at either of the following two locations:

Memorial Hermann Imaging and Breast Care Center at
Memorial Hermann Greater Heights Hospital
713.867.3336

Memorial Hermann Breast Care Center at
Memorial Hermann Southeast Hospital
281.929.6485

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