

# Breast Self-Exam (BSE) For Older Women

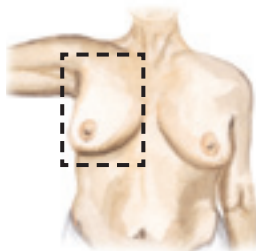
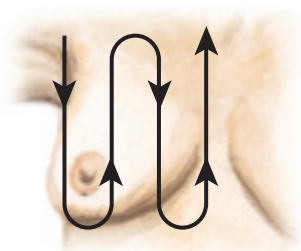


At the same time each month, check your breasts for any change in the normal look or feel. Report any changes to your doctor or nurse.



## Lying Down

- Lie down on your back with a pillow under your right shoulder
- Use the pads of the three middle fingers on your left hand to check your right breast
- Press using light, medium and firm pressure in a circle without lifting your fingers
- Follow an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit
- Repeat on your left breast using your right hand



## In Front of the Mirror

Look for changes in the shape or size of your breasts. Look for dimpling, rash or puckering of the skin or nipple, nipple discharge or **any change** from normal.

Check your breasts in 4 steps:

1. Hold arms at your side
2. Hold arms over your head
3. Press your hands on your hips and tighten your chest muscles
4. Bend forward with your hands on your hips



For more information about breast health or breast cancer, please call our Breast Care Helpline or visit our website. Susan G. Komen for the Cure does not provide medical advice.

[www.komen.org](http://www.komen.org)

**1-800 I'M AWARE**  
(1-800-462-9273)

Keep track of your BSEs. Punch out the hole each month after you do your exam.

JAN

FEB

MAR

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MAY

JUN

JUL

AUG

SEP

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NOV

DEC

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## What are the signs of breast cancer?

The signs of breast cancer are not the same for all women. In fact, some women have no signs that they can see or feel. Visit your doctor or nurse if you notice any of these things in your breast:

- A lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts
- Nipple discharge that starts suddenly
- New pain in one spot

## Susan G. Komen for the Cure recommends the following:

- Yearly screening mammography starting at age 40
- Yearly clinical breast exam by a health care provider after age 40
- Monthly breast self-exam starting by age 20

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