

SELF-CHEST EXAM GUIDE



In the Shower or Laying Down

It's best to do a self-chest exam in the shower as it's easiest to feel your breasts when your skin is wet and slippery. You can also do a self-chest exam when you're not in the shower with one hand raised above your head in a relaxed position while the other hand feels your breasts.



Fan-Like Motion

Using your index, middle, and ring finger, create fan-like motions using varying levels of pressure to feel all the breast tissue and underarm area.



Up-Down Motion

Using your index, middle and ring finger, create up and down motions using varying levels of pressure to feel all the breast tissue and underarm area.



Circular Motion

Using your index, middle and ring finger, create circular motions using varying levels of pressure to feel all the breast tissue and underarm area.