

Mary Kay Ash

FOUNDATION

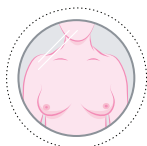
Supporting a world where women are healthy, safe, and empowered



BREAST SELF EXAM

1 LOOK FOR CHANGES (CHANGES IN SHAPE, SKIN, NIPPLES AND VEIN PATTERNS) IN FRONT OF THE MIRROR:

- Hold your arms at your side
- Hold your arms over your head
- Press your hands on your hips and tighten your chest muscles
- Bend forward with your hands on your hips



2 FEEL FOR CHANGES 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.
- Start exam under the arm and end at breastbone. Press using light, medium and firm pressure in a circle without lifting your fingers off the skin.
- Follow an up and down pattern.
- Feel for changes in your breast, above and below your collar bone and in your armpit.
- Repeat on your left breast using your right hand

