

Breast Self-Exam for Him!

Check yourself the same day every month.



1. Check your breasts in front of a mirror for any symptoms or abnormalities.



2. Examine the nipple, most find lumps directly under the nipple.



3. Use the pads of your three middle fingers. Check in a sitting or standing position. Apply light, medium and deep pressure.



4. Examine from the collarbone down covering the entire breast in a vertical pattern.



5. Lie down to evenly distribute breast tissue. Repeat steps 3 and 4.

Signs and Symptoms

- ✓ A painless lump or thickening in your breast tissue.
- ✓ Changes to the skin covering your breast, such as *dimpling, wrinkling, redness, or scaling*.
- ✓ Changes to your nipple, such as redness or scaling, or a nipple that begins to turn inward.
- ✓ Discharge from your nipple.

