The Mary Kay Foundation is a public non-profit organization which funds innovative research for cancers affecting women.

For more information, please call: 1-877-MKCARES.

BREAST SELF-EXAM

IN THE SHOWER
1. With fingers flat, move hand gently over every part of each breast.
2. Use right hand to examine left breast, left hand for right breast.
3. Check for any lump, hard knot or thickening.

BEFORE A MIRROR
4. Inspect your breasts with arms at your sides.
5. Next, raise your arms high overhead.
6. Look for any changes in contour of each breast: a swelling, dimpling of skin or changes in the nipple.
7. Then rest palms on hips and press down firmly to flex your chest muscles.
8. Left and right breast will not exactly match — few women’s breasts do.

LYING DOWN
9. Put pillow under right shoulder.
10. With fingers flat, press gently in small circular motion; then squeeze nipple.
11. Check for discharge and lumps.

Repeat exam same time each month. Check for any abnormalities and report them to a physician.

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