



Steps to Breast Self-Examination (BSE)

Step-by-Step Breast Self-Examination in the Shower

Step 1: Get Comfortable

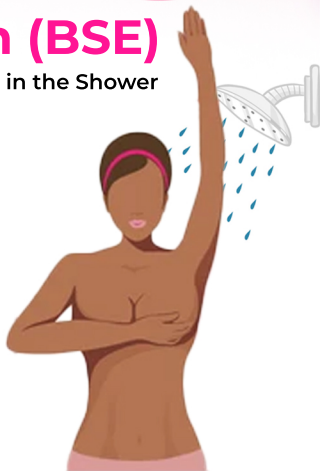
Stand in the shower and make sure you feel relaxed. This will help you focus on the examination.

Step 2: Use Soap

Apply soap or body wash to your hands to help them glide smoothly over your skin.

Step 3: Position Your Hands

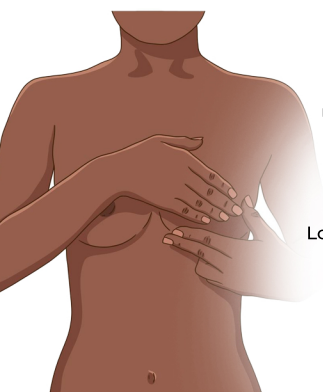
Raise your right arm above your head. This position helps to flatten the breast tissue, making it easier to feel for any changes.



Step 4: Check the Right Breast

Use the pads of your fingers on your left hand to feel your right breast. Start at the outer edge and work your way toward the nipple.

Use a circular motion, pressing down gently. Make sure to cover the whole breast area, including the sides and underarm.



Step 5: Check for Changes

Look for any lumps, hard knots, or changes in size or shape. Pay attention to any unusual areas, texture changes, or sensitivity.

Step 6: Repeat on the Other Side

Now, raise your left arm and repeat the examination on your left breast using your right hand.



Step 7: Check the Nipples

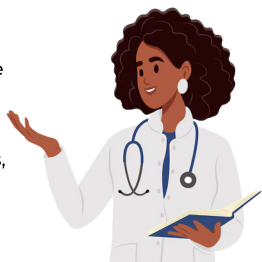
Gently squeeze each nipple to check for any unusual discharge. It should be clear or a normal color. If you notice any blood or unusual fluid, consult a doctor.

Step 8: Know Your Normal

Familiarize yourself with how your breasts normally feel. This will make it easier to notice any changes in the future.

Step 9: Follow Up

If you notice any abnormalities such as lumps, changes in size, shape, or skin texture, schedule an appointment with your healthcare provider.



Additional Tips

Perform the self-examination monthly, ideally a few days after your period ends, when your breasts are less likely to be swollen or tender. Keep notes on any changes you notice over time.

This routine can help you become more aware of your breast health and support early detection of any issues.

