



Medanta Breast Service

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# Breast self examination

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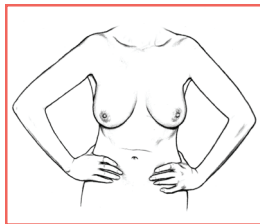
## Step 1

Stand in front of a mirror with your hands on your hips and look for

- Equal shape and size of breasts
- Shape and position of both nipples

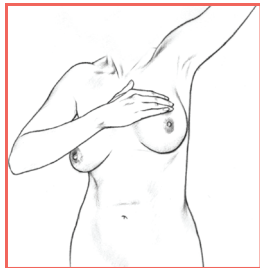
Signs to look for

- Dimpling or puckering of skin
- Any visible bulges
- Nipple being pulled in
- Redness or rash over the nipple



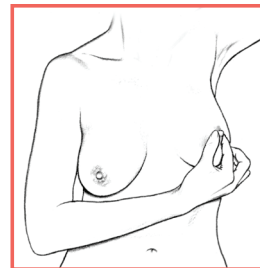
## Step 2

Raise your arm above your head and with one hand under the armpit, feel for any lumps.



## Step 3

With your thumb and fingers, gently press your nipple and look for any discharge



## Step 4

Lie down with your shoulders resting on a pillow.

Put one hand under your head and examine your breast with the other hand.

Never pinch the breast between two fingers. Run your hand in gentle circular motions over the breast and feel for lumps.

