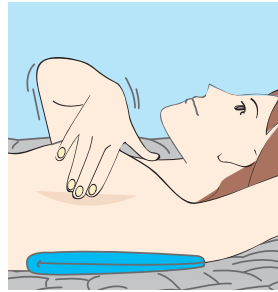


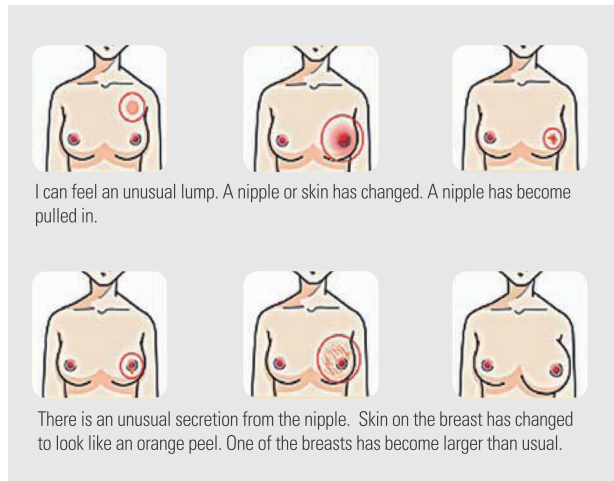
**Step 3: Feel your breasts while lying down.**



Lie down and place a folded-towel underneath the shoulder on the side you are about to examine. Raise the arm on the same side. Touch with your opposite hand using the method described in Step 2.

Check the opposite breast using the same method. Write down any lumps or problems you find while examining your breasts. Take the record with you when you go to see the breast specialist.

**If you have any of the following symptoms, you must meet with a breast specialist.**

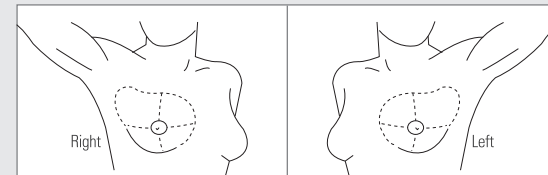


Source: Korea Breast Cancer Foundation

There are limitations to breast self-exams since they are performed by ordinary persons who are not trained physicians. Therefore, starting breast cancer screening test in a timely manner is as important as performing a self-exam. The U.S. Preventive Services Task Forces recommends the following:

- ▶ Start a monthly self-exam at 30
- ▶ Consider starting screening mammography at 40
- ▶ Get a clinical breast exam by a physician every two years
- ▶ Get screening mammography and a clinical exam by a physician every 2 years at age 50 to 74
- ※ If you have have risk factors for breast cancer such as family history, talk to your provider.

**▶ Breast Self-Exam Book**



- |                                   |                                    |
|-----------------------------------|------------------------------------|
| <input type="checkbox"/> January  | <input type="checkbox"/> July      |
| <input type="checkbox"/> February | <input type="checkbox"/> August    |
| <input type="checkbox"/> March    | <input type="checkbox"/> September |
| <input type="checkbox"/> April    | <input type="checkbox"/> October   |
| <input type="checkbox"/> May      | <input type="checkbox"/> November  |
| <input type="checkbox"/> June     | <input type="checkbox"/> December  |

Information for patients and families

**Breast Self-Exam**

Information for patients and families

**Breast Self-Exam**

**SAMSUNG MEDICAL CENTER**

81, Irwon-ro, Gangnam-gu, Seoul, South Korea (Postal code 06366)  
 Main telephone number: +82-2-3410-0200  
 (for reservation and information)

**Homepage** [www.samsunghospital.com/english](http://www.samsunghospital.com/english)

※ Reproducing and quoting the contents of this booklet or using them for various services without prior permission is prohibited.

## Breast self-exam

Despite the fact that new, high-end techniques to detect cancer are endlessly being developed, two out of three breast cancer patients coming to hospitals are still detecting the lumps by themselves. Therefore, it is the important first step to know what breast self-exam is, and how to perform it so that we can detect breast cancers early.

### ① Why do I need to perform a breast self-exam?

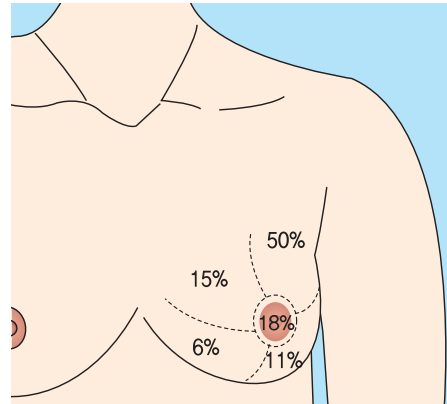
There are controversies surround the fact that an ordinary person who is not familiar with breast cancer can discover breast cancer through a self-exam. However, by touching their own breasts and becoming familiar with them, women can become more sensitive to any changes in their breasts. This will lead to a more accurate test and an early discovery of breast cancer. Even for women who already had a breast cancer surgery on one breast, it is important to keep the habit of checking the other breast through self-exam.

### ② When should I perform breast self-exam?

Premenopausal women: Check every month three to five days after starting your period.

Postmenopausal women: Choose a specific day each month (for instance, on the 1st day of each month, on the 15th of each month, etc.)

### ③ Which part is prone to breast cancer?

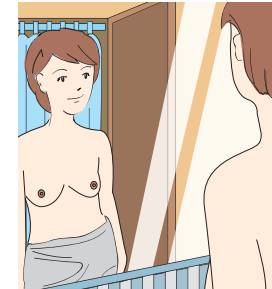


As shown in the picture on the left, more than 50% of the time, breast cancer occurs on the upper outer part of the breast. Therefore, a more thorough exam should be done by palpating the part that runs from the upper part of the breast to the armpit.

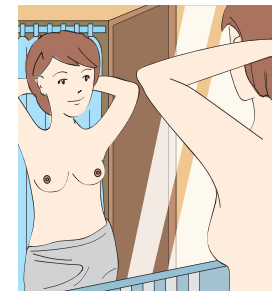
### ④ How do I perform a breast self-exam?

#### Step 1: Look at your breasts in the mirror

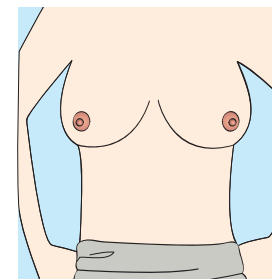
(Compare the shape or contour with that of your usual breasts)



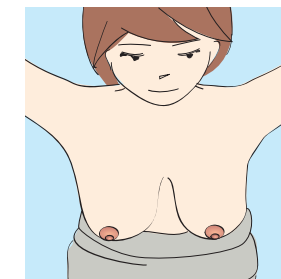
Stand in front of a mirror and look closely at your breasts. Look at the usual size, shape, and color.



Raise your arms, place your hands behind your head and lock your fingers. Strain your arms, and check if you can see any dimpling of skin.

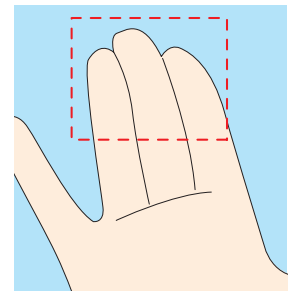
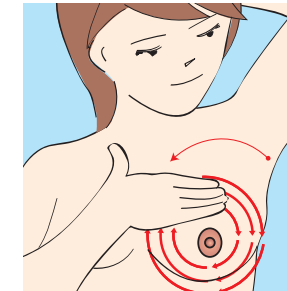


Place your hands on your hips and stick out your shoulders and elbows to hunch over. Check for any changes in your breasts by straining your chest or bending forward.

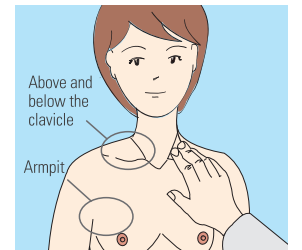
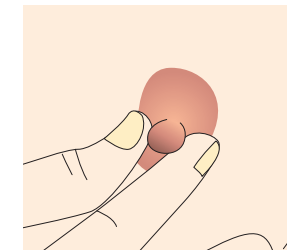


#### Step 2: Feel your breasts while you are standing or sitting

(Touch gently using soap or lotion.)



Place your left hand, palm up on you forehead. Slowly feel the breasts using the lower pads of the three middle fingers. Move in small circles in a clockwise direction. Start the circles from the the outer half of your breast towards the nipple. Each circle should be about the size of a dime. Slightly give pressure so that it feels like you are rubbing into the breast. After checking the entire breast, the same should be done to check the armpits and the parts above and below the clavicle.



After checking the areas close to the nipple using circular pressures, carefully check the nipple by lightly squeezing it vertically and horizontally to see if there is any secretion. Check the opposite breast using the same method.