

# Women's Guide to Monthly Breast Self-Exam



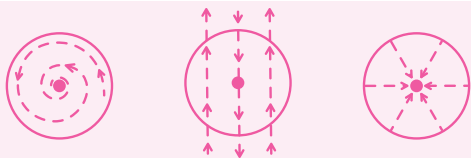
These four steps can be done in any order:

## 1 In Front of a Mirror

- With hands firmly pressing down on hips, look for changes in the shape, size, or skin texture of your breast.
- Check for changes in nipples or unusual discharge.

## 2 Standing or Sitting

- Put left hand behind head.
- Choose one of the three patterns below.



- With finger pads of three middle fingers of right hand, check entire left breast area, including underarm. Feel for lumps or thickenings.
- Switch sides and use left hand to check right breast.
- Examine each underarm with your arm only slightly raised.

## 3 Lying Down

- Repeat step 2 above.

## 4 In the Shower

- Using soap and water, repeat step 2 above.

**Report any changes to your healthcare provider right away. If you have questions about breast self-exams, ask your healthcare provider.**

*Don't put it off, schedule your*  
**MAMMOGRAM**



**WAIANAЕ COAST  
COMPREHENSIVE  
HEALTH CENTER**

*Call our Imaging Department*

**697-3487**

**MONDAY - SATURDAY**

**8:00 AM - 6:00 PM**

**No referral needed. Just let us know to which physician you would like your results sent.**

**WALK-INS WELCOME!**

**MONDAY - FRIDAY**

**9:00 AM - 4:00 PM**



*Check-in at...*

**Waianae (Main Campus) - 86-260 Farrington Hwy.  
Harry & Jeanette Weinberg Family Medical Building  
2nd Floor, Women's Health Clinic**

*When checking in...*

- **Wear a 2-piece outfit**
- **Do not use any deodorant, lotion, or powder**
- **Bring your photo ID**
- **Bring your insurance card**

If you do not have health insurance, please arrive early so that our Patient Assistance Services can assist you in applying for health insurance. For more information or to find out what documents to bring, call **697-3405**.

