BREAST ASSURED
MONTHLY BREAST SELF-EXAM

1. At the same time each month (2-3 days after the end of your period), perform a breast self-exam. Using the pads of your fingers, move around your entire breast and armpit area in a circular pattern checking for any lump, thickening or hardened knot.

2. Visually inspect your breasts with your arms at your sides & overhead. Look for any changes in contour, swelling, dimpling or changes in the nipples.

3. If you notice any changes, don’t panic, but do get evaluated by your health care provider. About 80% of breast lumps are not cancer.

Schedule your mammogram 801.213.4200
uofuhealth.org/breastassured

Huntsman Cancer Institute
University of Utah Health Care