

HOW TO DO BREAST SELF EXAM IN MEN



A breast self-exam for breast awareness is an inspection of your breasts that you do on your own



WHY IT IS DONE

A breast self-exam helps you understand the normal look and feel of your breasts. If you notice a change in your breasts, you can report it to your doctor.

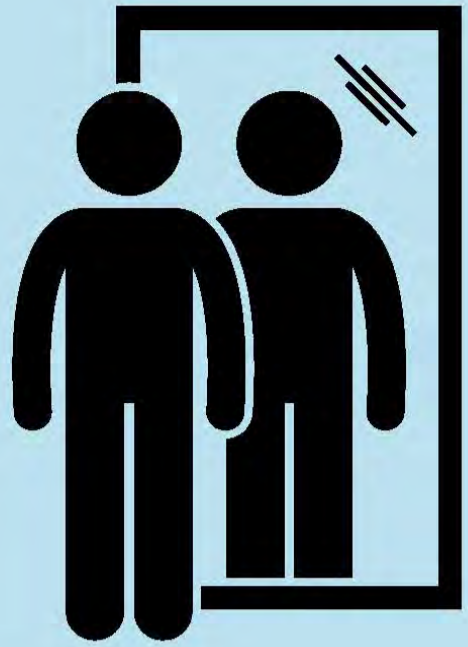
HOW TO PREPARE

Before you begin breast self-exams for breast awareness, you may find it helpful to discuss the instructions and technique with your doctor or nurse.



BEGIN WITH A VISUAL EXAMINATION OF YOUR BREASTS

Sit or stand shirtless in front of a mirror with your arms at your sides. To inspect your breasts visually, do the following:



- Face forward and look for puckering, dimpling, or changes in size, shape or symmetry.
- Check to see if your nipples are turned in.
- Inspect your breasts with your hands pressed down on your hips.
- Inspect your breasts with your arms raised overhead and the palms of your hands pressed together.

NEXT, USE YOUR HANDS TO EXAMINE YOUR BREASTS



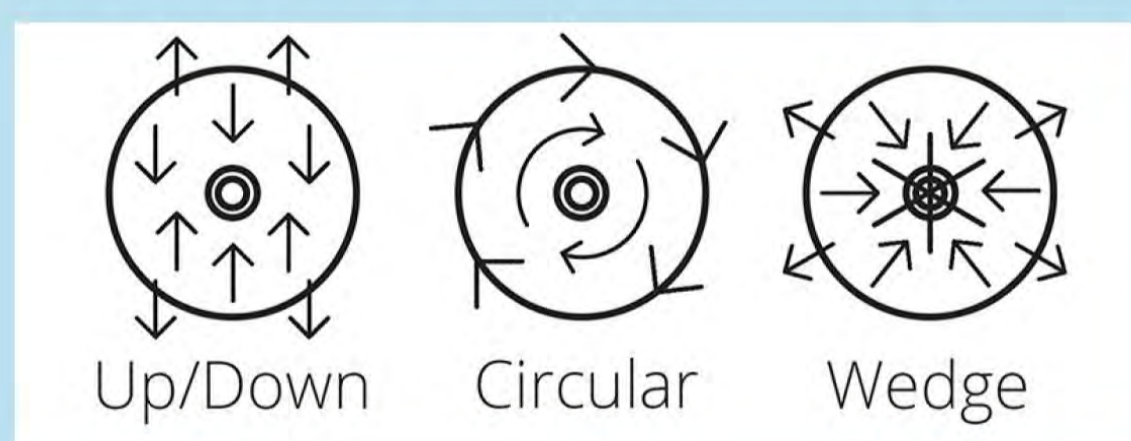
Perform the manual part of the breast exam by:

- Lying down. Choose a bed or other flat surface to lie down on your back. When lying down, breast tissue spreads out, making it thinner and easier to feel.
- In the shower. Lather your fingers and breasts with soap to help your fingers glide more smoothly over your skin.



GENERAL TIPS TO KEEP IN MIND

- Use the pads of your fingers, not the very tips, of your three middle fingers for the exam.
- Use different pressure levels to feel different depths of the breast.
- Take your time. Don't rush.
- Follow a pattern to ensure you examine your entire breast.



VISIT YOUR DOCTOR

If you notice any changes in your breasts like a lump or nipple discharge, your doctor may recommend additional tests and procedures to investigate breast changes, including a clinical breast exam, mammogram and ultrasound.



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Early Detection and Cancer Prevention Services
Level 2, Pantai Jerudong Specialist Centre,
Kg. Jerudong, BG3122, Brunei Darussalam
2613333 ext 1515



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