

# Download Breast Self-examination

Breast self-examination (BSE) is a screening method used in an attempt to detect early breast cancer. The method involves the woman herself looking at and feeling each breast for possible lumps, distortions or swelling. How should a breast self-exam be performed? 1) In the Shower . Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. A breast self-exam is a check-up a woman does at home to look for changes or problems in the breast tissue. Many women feel that doing this is important to their health. A breast self-exam is a screening technique you can do at home to check for breast lumps. This exam can screen for tumors, cysts, or other abnormalities.