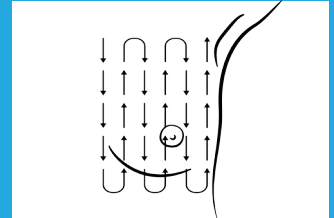
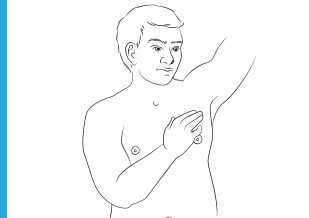
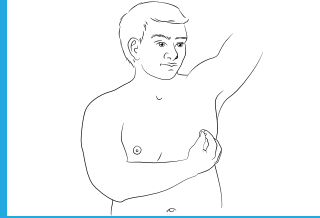
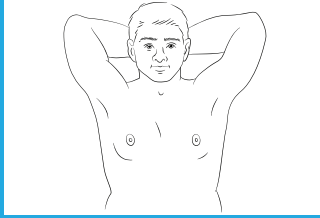
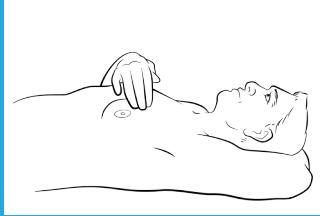


# Breast Self-Exam for Him!

Check yourself the same day every month.



1. Check your breasts in front of a mirror for any symptoms or abnormalities.
2. Examine the nipple, most men find their lumps under the nipple.
3. In a sitting or standing position, use the pads of the three middle fingers - examine using light, medium, and deep pressure.  
(See step 4, for area to be examined)
4. Examining starts at the collarbone and continues down and up the entire breast in a vertical pattern.



5. Position yourself in bed which leads to a more even distribution of your breast tissue.  
Repeat step 3 and 4.

## Signs and Symptoms

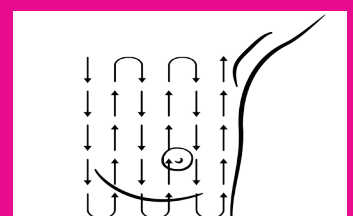
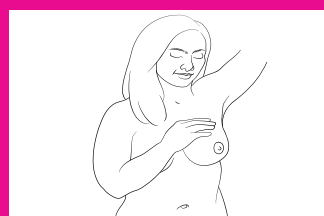
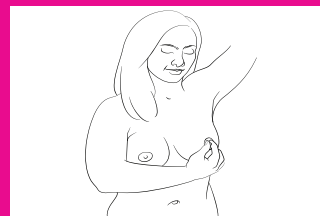
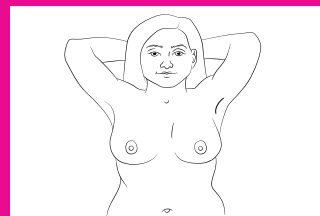
- ✓ A painless lump or thickening in your breast tissue.
- ✓ Changes to the skin covering your breast, such as dimpling, wrinkling, redness, or scaling.
- ✓ Changes to your nipple, such as redness or scaling, or a nipple that begins to turn inward.
- ✓ Discharge from your nipple.



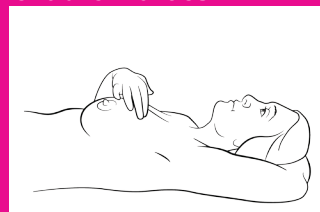
# Breast Self-Exam for Her!

Check your breasts the same day every month.

Check yourself a week after your period starts when swelling and sensitivity are less.



1. Check your breasts in front of a mirror for any symptoms or abnormalities.
2. Check your nipples carefully, lumps may be found behind the nipple.
3. In a sitting or standing position, use the pads of the three middle fingers - examine using light, medium, and deep pressure.  
(See step 4, for area to be examined)
4. Examining starts at the collarbone and continues down and up the entire breast in a vertical pattern.



5. Position yourself in bed which leads to a more even distribution of your breast tissue.  
Repeat step 3 and 4.

## Signs and Symptoms

- ✓ Swelling of all or part of a breast (even if no distinct lump is felt).
- ✓ Skin irritation or dimpling (sometimes looking like an orange peel).
- ✓ Breast or nipple pain.
- ✓ Nipple retraction (turning inward).
- ✓ Redness, scaliness, or thickening of the nipple or breast skin.
- ✓ Nipple discharge (other than breast milk).

