

MALE SELF BREAST EXAM



1. Make yourself soapy.
2. Place your left arm above and behind your head. With the three middle fingers of your right hand, press your breast against your chest wall.
3. In a circular motion feel small portions of your left breast, going around until you have covered the entire breast and underarm. Make sure you do it slowly.
4. Repeat again with your opposite arm.



Remember:

Look for changes, and if you find a lump or have discharge, or you think something may be wrong, make an appointment with your physician!

This BSE poster is not intended for personal diagnosis.

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