

Breast Self-Exam

Women detect many breast abnormalities themselves. Bronson recommends performing monthly breast self-exams as an important part of your breast health awareness. Breast self-exams are easy to do and only take a few minutes. If you have questions, ask a nurse or a technologist. By routinely checking your breasts, you'll know how your breasts normally look and feel, and you will be able to detect changes more easily. Tell your doctor about any breast changes you find.

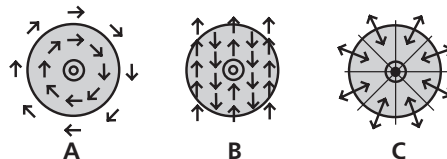
How to Examine Your Breasts

At the mirror, with good light:

- First, relax while sitting or standing, whichever is comfortable.
- With your arms at your sides, look for changes in your breasts. Look for lumps, thickenings, dimples or changes in the skin texture or appearance.
- Next, raise your arms above or behind your head, and look for the same changes.
- Now with your hands on your hips, press down and tense your chest muscles. This will make any changes more prominent. It may be helpful to lean forward just a bit from the waist so your breasts are not lying on the chest wall.



Move around the breast in a set way. You can choose either the circle (A), the vertical, up and down (B), or the wedge (C). Research shows the vertical method is the most thorough for performing breast self-exam (BSE). However, the best method is the one you will use every month to check all of your breast tissue. Ask your healthcare provider for advice if you have questions about your technique.



Do the same check while lying down with a towel under your shoulder. If you notice any changes, notify your healthcare provider.



If you have not yet reached menopause, examine your breasts seven to 10 days after your period starts. If you have already reached menopause, choose a monthly breast self-exam day that's easy to remember; for example, the first day of each month.

A combination of mammography, clinical breast exam and BSE is recommended for best results in finding breast cancer early.

Scheduling Your Mammogram

You can schedule your own mammogram without a physician's order if you've seen your doctor within the last three years and you do not have any breast health problems.

If you have Bronson MyChart, you can also schedule your mammogram online. Don't have a Bronson MyChart account? Experience connected care 24/7 — request your code at bronsonhealth.com/mychart.

Appointments can be made at locations throughout southwest Michigan:

- Battle Creek:
(269) 245-8666
- Kalamazoo and Paw Paw:
(269) 341-8700 or
(888) 741-6415
- South Haven:
(269) 639-2828

To find a Bronson location near you, and for driving directions, visit bronsonhealth.com/breasthealth.

