

## Steps of Breast Self-Examination (BSE)

### Five steps of BSE

**Step 1:** Begin by looking at your breasts in the mirror with shoulders straight and arms on hips.

What to look for:

- Any change from the usual size, shape, and colour.
- Any visible distortion or swelling of the breast.

If any of the following changes are seen, bring them to your doctor's attention:

- Dimpling, puckering, or bulging of the skin.
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out).
- Redness, soreness, rash, or swelling.



**Step 2:** Same changes to be looked for with arms raised.

**Step 3:** Also look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).



**Step 4:** Next, feel breasts while lying down, using the right hand to feel the left breast and then the left hand to feel the right breast. Use a firm, smooth touch with the finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.

Cover the entire breast from top to bottom, side to side — from your collarbone to the top of the abdomen, and from the armpit to your cleavage.

- Follow a pattern to be sure that the whole breast is covered.
- Begin at the nipple, moving in larger and larger circles until the outer edge of the breast is reached.

