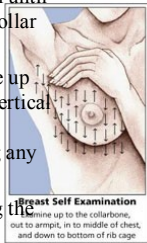
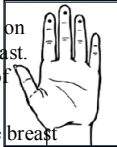
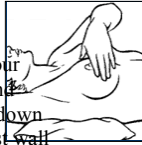


## HOW TO PERFORM A BREAST SELF-EXAM

Beginning in their 20's, women should be told about the benefits and limitations of breast self-exam (BSE). Women should be aware of how their breasts normally look and feel and report any new breast change to a health professional as soon as they are found. Finding a breast change does not mean there is cancer.

How To Examine Your Breasts:

- ◆ Lie down and place your right arm behind your head. The exam is done while lying down, and not standing up. This is because when lying down the breast tissue spreads evenly over the chest wall and it is as thin as possible, making it much easier to feel all the breast tissue.
- ◆ Use the finger pads of the three middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.
- ◆ Use 3 different levels of pressure to feel all the breast tissue. Light pressure is needed to feel the tissue closest to the skin; medium pressure to feel a little deeper; and firm pressure to feel the tissue closest to the chest and ribs. A firm ridge in the lower curve of each breast is normal. If you're not sure how hard to press, talk with your doctor or nurse. Use each pressure level to feel the breast tissue before moving on to the next spot.
- ◆ Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across your breast to the middle of the chest bone (sternum or breastbone). Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collar bone (clavicle).
- ◆ There is some evidence to suggest that the up and down pattern (sometimes called the vertical pattern) is the most effective pattern for covering the entire breast without missing any breast tissue.
- ◆ Repeat the exam on your left breast, using the finger pads of the right hand.
- ◆ While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any change of size, shape, contour, dimpling, or redness or scaliness of the nipple or breast skin. (The pressing down on the hips position contracts the chest wall muscles and enhances any breast changes)
- ◆ Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it difficult to examine.



**Breast Self Examination**  
Examine up to the collarbone, out to armpit, in to middle of chest, and down to bottom of rib cage

Revised: March 2011

[www.cancer.org](http://www.cancer.org)

American Cancer Society



Web- [www.brooklyn.cuny.edu/bc/offices/studlife/hpo.html](http://www.brooklyn.cuny.edu/bc/offices/studlife/hpo.html)

Email- [hpo@brooklyn.cuny.edu](mailto:hpo@brooklyn.cuny.edu)


For more information:  
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Office of Health Programs & Immunization Requirements  
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Brooklyn  
Student  
College  
Affairs

Brooklyn College

BREAST CANCER  
AWARENESS PROGRAM



**The Division of Student Affairs is dedicated to Breast Cancer Awareness within the Brooklyn College community and the Brooklyn community at large.**

**Making Strides Against Breast Cancer Walk**

Every year, the Brooklyn College community under the auspices of the Health Programs/Immunization Requirements Office, Division of Student Affairs, joins with the American Cancer Society in its annual Making Strides Against Breast Cancer Walk.

ACS Making Strides Against Breast Cancer Walk provides an opportunity to honor breast cancer survivors, educate women about prevention and early detection, and raise funds and awareness to achieve a cure for breast cancer.

With walks taking place at different locations throughout New York City, Brooklyn College staff, students, their family and friends participate in the walk at Prospect Park, Brooklyn. Various Brooklyn College Departments as well as clubs and organizations take part in the walk.



**Fundraising**

Going hand in hand with participating in the American Cancer Society's (ACS) Making Strides Against Breast Cancer Walk, funds are raised and donated by the Health Programs/ Immunization Requirement Office, as well as by Brooklyn College students and staff to ACS.

From 2005 to 2010, the Brooklyn College team donated a total amount of \$ 11,932.81 to the American Cancer Society for breast cancer research.

To Support this event , Brooklyn College Health Programs Office has a fund raising account online at :

<http://main.acsevents.org/goto/healthprograms>



*The Brooklyn College team at the 2010 ACS Making Strides Against Breast Cancer Walk at Prospect Park*



*Brooklyn College Cheer holders at the Making Strides Against Breast Cancer Walk in 2008*

**Bulletin Boards**

Information on breast cancer, prevention and early detection is strategically placed on high impact bulletin boards of high traffic buildings on campus.

These boards are easily identifiable because of the pink ribbon symbol.



**Tabling**

Tables with breast cancer information and eye-catching

poster boards are placed in high traffic areas. Student discussions are easily started in this arena. Information can be disseminated and donations collected to aid in the research for a cure to end breast cancer. In addition, students and staff can lift a card in honor of a loved one.



**Mammograms and Screening**

Brooklyn College believes that early detection of breast cancer saves lives. Since 2004, American-Italian Cancer Foundation through their Free Mobile Mammography Program offers mammography screenings and bi-lingual health education to Brooklyn College students via their mobile unit .



**Workshops and Seminars**

Workshops and seminars are designed to educate the Brooklyn College community about prevention, early detection and breast cancer awareness. Past workshops/seminars have been co-sponsored by various Brooklyn college clubs and organizations.