Monthly Breast Self-Exam

While regularly scheduled mammograms can help to detect cancer before you may feel a lump, a monthly breast self-exam will help you become familiar with how your breasts look and feel.

Check your breasts for any lumps, thickening, or hardened knots. If you find changes in your breasts, schedule an evaluation with a Memorial Hermann Breast Care Centers.
How do I perform a breast self-exam?

☑️ **In the shower.**
Raise one arm. With fingers flat, move around your breast in a circular pattern. Gently move from the outside to the center and inspect the entire breast and armpit area. Next, move your fingers in an up and down direction across each breast.

☑️ **Lying down**
Place a towel or pillow under your right shoulder and place your right hand behind your head. With fingers flat, examine your right breast with your left hand by gently pressing and moving in a small circular or wedge pattern. Start at the outermost top edge of your breast and spiral in.

☑️ **In front of a mirror.**
With arms at your sides, then raised above your head, look carefully for changes in the size, shape and contour of each breast. Look for puckering, dimpling or changes in skin texture. Gently squeeze both nipples and check for discharge.

**Schedule an Appointment**
We accept most major insurance plans.

**Imaging Centers:** 877.704.8700  
**Breast Care:** 877.40.MAMMO  
**Fax:** 713.512.6041

Schedule online with **ScheduleNow** at memorialhermann.org/breastcare.