



Breast Self-Examination Form

Why should you do a Breast Self-Examination?

As the Journal of Women's Health finds, 1 of every 4 women with breast cancer report that the first sign of their breast cancer was a new breast lump or abnormality they discovered on their own. Breast self-examinations can help you understand the normal look and feel of your breasts. Lumps and changes are sometimes normal changes during the menstrual cycle and finding a change or lump in your breast is not a reason to panic. However, there are many conditions that cause changes in your breasts, including breast cancer. If you notice a change in your breasts that seems abnormal, or if one breast is noticeably different when compared with the other, you can report it to your doctor.

You should contact your doctor if you notice:

- A hard lump near your underarm
- Changes in the feel and look of your breasts, including thickening different from the surrounding tissue
- Dimples, puckers, bulges, ridges on the skin of your breast
- A recent change in a nipple to become inverted
- Redness, warmth, swelling, pain
- Itching, scales, sores, rashes
- Bloody nipple discharge

Your doctor may recommend additional tests such as a clinical breast exam, mammogram, and ultrasound to investigate breast changes.

Left Breast		Right Breast	
Date of Exam	Notes	Date of Exam	Notes
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/ /		/ /	
/ /		/ /	
/ /		/ /	
/ /		/ /	

