



## Your Breast Health: Breast Self Examinations

### What is a breast self examination?

Breast self-examinations (BSE) are a way for an individual to inspect their breasts to detect any changes or signs of breast cancer. According to the American Cancer Society, research has shown that BSE plays a small role in breast cancer detection compared to finding a lump by chance.

### Who should do breast self examinations?

It is recommended that all women start BSE in their 20s and should continue doing them throughout their lifetime. Men can also do BSE.

### Why should I do breast self examinations?

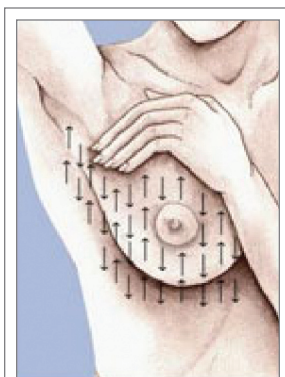
Regular BSE can help individuals become familiar with their breasts, which will enable them to detect any changes in the breast tissue or anything that is uncharacteristic. If a change has occurred, report the change to a health care provider.

### How do I do breast self examinations?

The following are basic instructions for how to perform a BSE.

- Lie down and put your right arm over your head.
- Using the first three fingers of your left hand, move your hand in small, circular motion all over your right breast. Use varying pressures to feel your breast tissue.
- Using the same three fingers, move your hand in up and down lines over your breasts to feel for lumps.
- Repeat with your left arm over your head, using your right hand to inspect your left breast.
- Stand in front of a mirror and look for any changes in the appearance and shape of your breasts.

Men can perform BSE in the same way.



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

Pure Romance has a silicone-based lubricant (Pure Pleasure) that can be used during BSE. Pure Pleasure is very slick and smooth, making the process even easier. It is also completely waterproof, making it perfect to use in the shower during BSE, and it will not wash away.

For more explicit instructions on how to perform a BSE, please consult a health care provider.

*Image courtesy of the  
American Cancer Society  
[www.cancer.org](http://www.cancer.org)*

