Dr Sindy Monnier
BREAST SURGEON

Breast *self-examination*

Knowing your body means protecting your health.

WHEN TO DO IT?

Once a month, a few days after your period ends, when your breasts are less tender. After menopause, choose a fixed date each month. Above all, get to know your breasts so that you notice any change. Self-examination complements but does not replace medical screening.

IN 5 SIMPLE STEPS

How to proceed

OBSERVATION IN FRONT OF THE MIRROR

1



Arms by your sides

Observe the shape, size and appearance of the skin.

2



Arms raised

Check the contours and look for any retraction.

3



Hands on hips

Contract your chest muscles and observe the breast fold.

EXAMINATION BY TOUCH

4



Concentric circles

Radiating lines from the nipple

Standing up

Using 3 fingers, feel the entire breast and underarm (in circles and in lines radiating from the nipple). Ideal in the shower.

5



Lying down

Arm raised on the side being examined. Repeat with the other breast.

WHEN TO CONSULT?

Signs that should prompt a consultation:

- An unusual lump or nodule
- Discharge (especially bloody)
- Persistent redness or roughness
- Nipple retraction
- A change in skin colour or appearance
- A new asymmetry between the breasts
- Orange-peel skin (thickened skin with visible pores)
- A lump in the armpit

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