

Breast Self-Check

Compiled by Aubrey Lesicki, LMP, BreastRemedySeattle.com

Protocol (MammaCare.org): Use the 5 P's

Have a timer

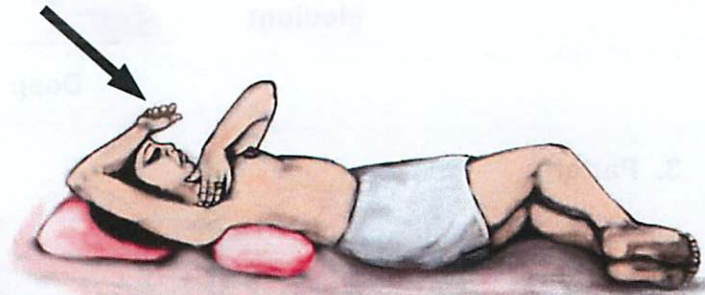
- while learning, spend 7 minutes per breast; with experience 4-5 minutes

POSITION

Visually examine your breasts in 3 positions

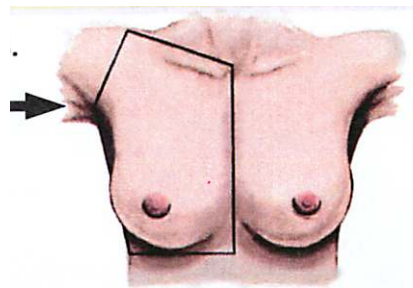
- Anterior, left and right views of each
 1. "Amazon" - standing straight with arms at sides. Lift breast as needed to see underside.
 2. "Superwoman" – leaning forward with arms raised over head
 3. "Wonder Woman" – hands on hips, shoulders protracted
- size difference is normal, but pay attention to changes over time
- pay attention to change in skin appearance
- Best laying down, w/o lotion (need some traction) in a QUIET AREA
- angled away, arm over head for lateral breast
- laying flat for medial breast

Nonpalpating hand



PERIMETER

Border lines (axilla, bra line, sternum, clavicle)

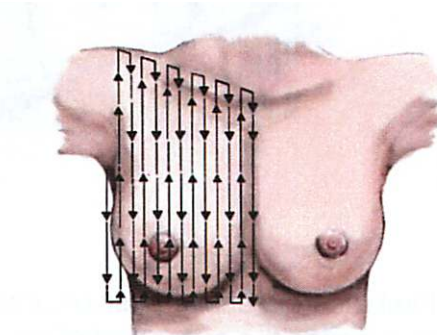


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PATTERN

Search pattern (Strip technique)

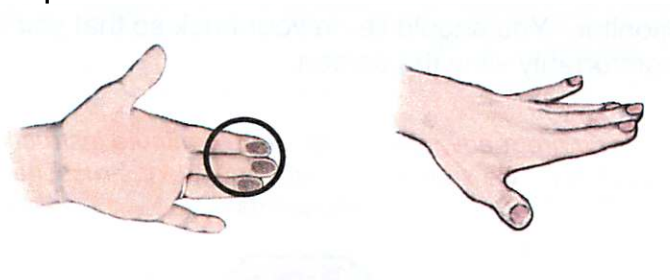


Helpful Hint: You can pre-mark lines to follow with an eye liner or lip pencil

- start in armpit (lat is outer border) (get in there!), straight down to bottom of breast, then over and up
- pay special attention to the nipple
- use slide technique to keep your place
- use sticker or eye/lip liner to mark as you go and/or mark areas to review
- finish with horizontal search along clavicle (lower your arm)

PALPATION

Use 3-and-1 technique



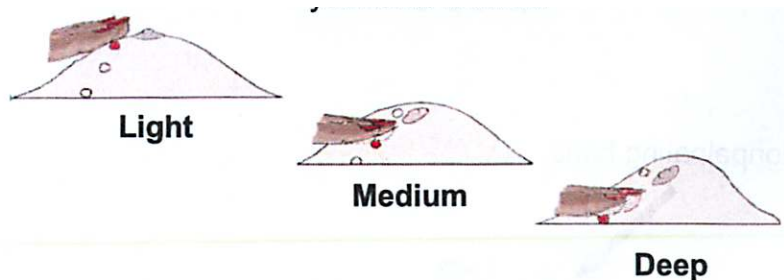
- 3 flat fingers (more contact area)
- one inch circles,
- one circle per second,
- one circle per 3 levels (superficial, middle, deep- bone!)

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PRESSURE

3 levels (superficial, middle, deep)



- first circle only moves the skin
- second circle moves the fat/gland
- third circle reaches almost to muscle under breast tissue

RECORD YOUR RESULTS

- mark on your calendar the date performed
- use surgical marking pen on questionable areas so you can monitor them (does the area change throughout the week, especially with self massage 😊)
- take a picture to see if these areas change next month
- seek advice from a medical professional (who uses a good technique!)
- get feedback on your technique if you are unsure of yourself
- review your skills with a health care professional annually to maintain your well-earned skills!