



Self Examination Guide

Three Steps to a Breast Self-Exam

40% of diagnosed breast cancers are detected by women who feel a lump while self-examining.¹ Performing a self-exam is an important diagnostic method to ensure early detection... and when breast cancer is detected in its earlier stages, the 5-year survival rate is 98%.² Take these steps every month to actively cut your cancer risk.

Step 1: In the Mirror

Take a look in the mirror and inspect your breasts with your arms at your sides. Then, put your arms above your head and look for any changes in size or contour. Lastly, put your hands on your hips and flex your peck muscles checking for any abnormal changes on one or both of your breasts.

Step 2: In the Shower

Use the pads of your fingers and rub your breast in a circular motion from the outsides near your armpits to the center, covering all areas. Do this to each breast, checking for lumps or thickening.

Step 3: Lying Down

While you are lying down on your back, place a pillow under your right arm and shoulder, under your head – concentrating the breast tissue in one area. Touch your right breast with your left hand, moving the pads of your fingers in small circles. Use varying pressure. Squeeze the nipple checking for discharge and lumps. Repeat these steps for your left breast.

If you notice a visual or physical change—lump, thickening, or hardened knot—talk to your doctor. Visit the National Breast Cancer Foundation site and watch this [informational video](#) to learn more about on breast health, breast cancer symptoms and diagnostic methods.

¹ John Hopkins Medical Center

² National Cancer Institute

Source: National Breast Cancer Foundation, Inc.



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Three Steps to a Testicular Self-Exam

About half of all testicular cancer cases are found in young men, between the ages of 20 and 34. Testicular self-exams have not been studied enough to prove if they lower the risk of dying from cancer. Although, some doctors still recommend that men conduct a self-exam every month following puberty. There is nothing to lose with these quick and simple monthly self-exams.

The best time to conduct a self-exam is during or after a shower, when the skin of the scrotum is loose and relaxed.

Step 1:

Hold your penis to the side, and check each testicle individually.

Step 2:

Hold the testicle between your thumbs and fingers of both hands and roll it gently between your fingers.

Step 3:

Look and feel for any hard lumps or smooth rounded bumps. Also look for any change in size, shape, or consistency of the testicles.

Conduct all three steps for each testicle. If you notice any visual or physical changes in either of your testicles, talk to your doctor. Normal testicles each have an epididymis, a small bump-like coiled tube on the outer side of the testicle. Do not confuse this with an abnormal lump.

Learn more about testicular health and cancer through the American Cancer Society.

Source: American Cancer Society