

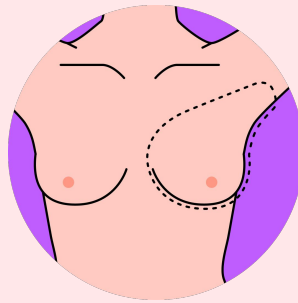


Know your body Check your breasts

Once a month, 2-3 days after your period

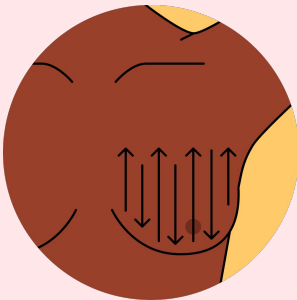


Use your fingertips
with massage oil or
shower gel

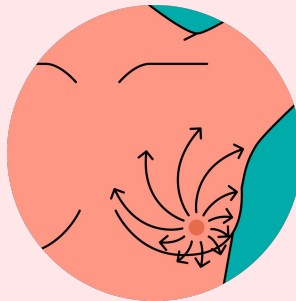


Examine your
breast and armpit
with raised arm

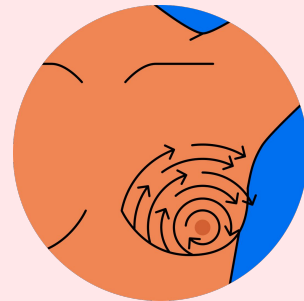
How?



Up and down

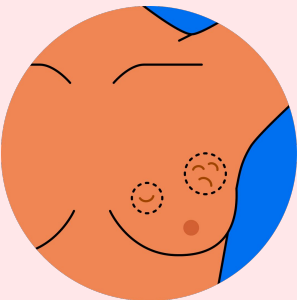


Wedges

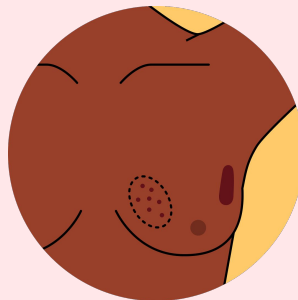


Circles

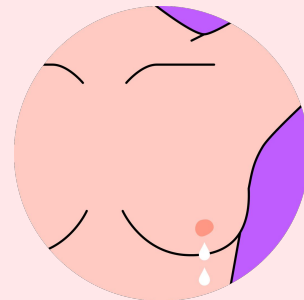
Notice:



Are there skin
dimples or lumps?



Is there a change
in color?



Is there nipple
deformation or leaks?

Learn your breast cancer risk and get help scheduling screenings at
color.com/breast/popshortname