



THE SELF-BREAST EXAMINATION

When to Perform:

- ❖ After your period (or)
- ❖ When you start a new pack of pills (or)
- ❖ If no periods, pick a consistent day, i.e., paying bills, or “payday” to perform the exam monthly.

How to Perform:

- ❖ Use the pads of your fingers, not the tips.
- ❖ Put one arm above and behind your head.
- ❖ Use the opposite hand to examine the breasts.
- ❖ Start at the armpit area and move circularly around the breast, moving around and over the nipple.
- ❖ The breast will feel like little soft bb’s that move all around. This is fat tissue and normal
- ❖ If you feel something solid, irregular, fixed or different from other breast tissue, or something new that remains unchanged throughout your cycle, report this to your gynecological health provider
- ❖ If the lump or cystic area you have found remains unchanged with your period, report to your provider.

Instructions for Cystic Breasts:

- ❖ Reduce or eliminate caffeine, including chocolate.
- ❖ Take Vitamin E 400 IU twice weekly.
- ❖ Start Evening Primrose Oil capsules twice daily.
- ❖ Consider Pectin (knox-gelatin packets) once daily. Pectin can assist in helping eliminate excessive estrogen that most causes over-stimulation of the breast tissue, often leading to sore breasts. This supplement is also excellent for skin, hair, and nails and helps relieve arthritic pain
- ❖ Increase the fiber in your diet to at least 20 grams of fiber daily. Using ground flax seed 2 TBSP daily can help, add this to your cereal or small cup of juice/water to increase daily fiber intake