breast selfcheck?

Males, like females, have breast tissue; they just have less of it. It's important for males with risk factors for breast cancer (like being over the age of 60, or having family history of breast cancer) to engage in mindful practices.1

inspection of your breasts that you do on your own by using your eyes and hands to check for any lumps or other changes.

done?

Why is it



completing your self-check!

Be sure to remove all clothing

above your waist before



USE YOUR EYES

BREAST SELF-CHECK: PART 1

Sit or stand in front of a mirror facing forward. If you can't see your breasts clearly

family member to help you.

Examine your breasts in these three positions...

due to vision impairments, ask a friend or



With your arms pressed firmly

your head and palms pressed

onto your hips and leaning

forward slightly.



Things to watch for:

With your arms raised above

Puckering, dimpling or scaliness

Unusual redness

Crusting of the nipple

Nipple(s) appearing turned in

Sticky or bloody nipple discharge

(inverted)

Step A Choose between two starting positions:

Lying down with a pillow under

the shoulder of the side you're

examining.

skin.

USE YOUR HANDS

For bonus In the shower with soapy hands to points, consider completing help your fingers glide across your

Use your hand to examine your whole breast -

2. Move slowly in small, coin-sized circles to feel

for changes.



from collarbone to the start of your abdomen. TIPS FOR PROPER FORM ...

1. Use the pads of your three

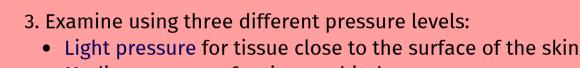
middle fingers (not the

fingertips).

from armpit to the middle of your chest, and

vour check in

both positions!



examine at this pressure level)

your index and ring fingers.3

• Firm pressure for tissue just above your breastbone and ribs (you

Gently squeeze your nipple between

Things to feel for:

should be able to feel these bones with your fingers as you

Sticky or bloody nipple discharge

Step

- Sores or rashes that won't heal
- Repeat this process on each breast, using one hand to inspect while the other arm is raised above your head. For example, you will inspect your left breast with your right hand.

That's it! Here's some more info on breast self-checks.

Repeat

booking an appointment with your doctor if you notice any of the changes listed above.2

WHEN TO TALK TO YOUR

DOCTOR

may be normal for another. When in doubt about a lump or other discovery, check your other breast. If the same attribute exists in the same area on both breasts, that may well be normal for you.2

caused by something other than cancer.2 LIMITATIONS OF MALE

Everyone's body is a bit different, so what is unusual for one person

breast changes are discovered, and may lead to potentially unnecessary and invasive testing (eg. biopsies).2

When considering incorporating self-checks into your monthly routine, be mindful that they can cause increased anxiety if any

cancer screening techniques such as mammograms.2

Another thing to remember is that most breast issues or changes are

Breast self-checks are primarily useful for increasing breast awareness, and should not be used as a replacement for other breast

Male breast self-checks are best used to make you more familiar with how your breasts look and feel.² Having an understanding of what your "normal" is can make it easier to recognize changes and report them to your doctor.1 **HOW TO COMPLETE A SELF-CHECK:**

A male breast self-examination (MBSE), or male breast self-check, is an

What is a male

THE PREPARATION

Pick a day and put it in your calendar so you can perform <<<<<< your self-check at the same time each month.

Step A

 $\rightarrow \leftarrow$

With your arms at your sides.

together.

- Moving onto the next portion now...almost done! **BREAST SELF-CHECK: PART 2**



Medium pressure for tissue a bit deeper

Lumps, especially near the nipple or in the armpit (may

be painful or painless)

Breast pain or swelling

Once you're familiar with the look and feel of your breasts, consider

3https://malebreastcancer.ca/self-exam/

BREAST SELF-CHECKS

IMPORTANT

CONSIDERATIONS

1https://www.cancer.ca/en/cancer-information/cancer-type/breast/breast-cancer/breast-cancer-in-men/?region=on ²https://www.mayoclinic.org/tests-procedures/breast-exam/about/pac-20393237