

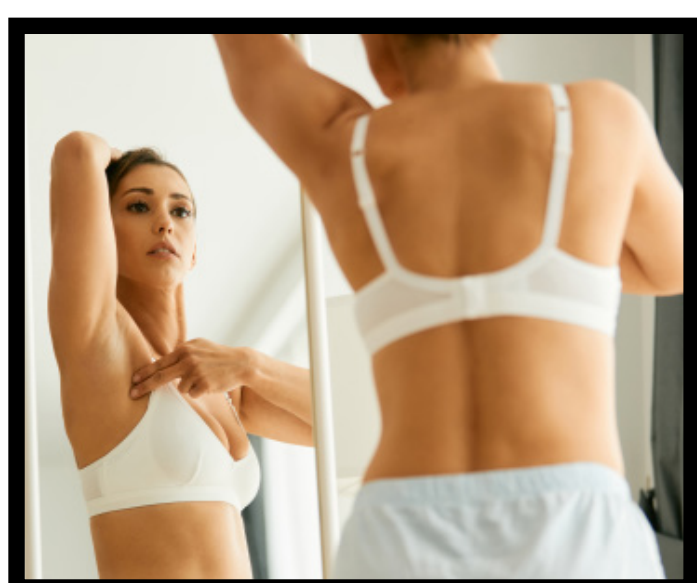
3 Cancer Self-Exams



You know your body better than anyone. Monthly self-exams may help you detect certain types of cancer. If you have cancer, the sooner you find it, the better.

Breast Cancer

When checking for breast cancer, look for any lumps, bumps, dimples, puckering, or nipple discharge.



To perform a self-exam for breast cancer:



Raise your arm and use your other hand to feel around the entire breast area, including the armpit.



While lying down, squeeze the nipple to check for discharge.



Visually inspect your breasts in the mirror with arms at your sides and then above your head.

When performing your self-exam, look for:



New or changing growths, spots, or bumps



Rough or scaly rash that may bleed



Spots that bleed and don't heal



Spots with irregular shape or color

Skin Cancer

Each month, spend time looking over your skin and get to know your freckles, blemishes, and moles. Note changes between self-exams. Check under your arms, behind your thighs, and – if you're a woman – under your breasts.



Testicular Cancer

Because testicular lumps can be extremely small, it's best to check your testicles when they are relaxed, such as after a hot shower.



During your self-exam:



Check one testicle at a time.



Hold your testicle in place with one hand.



With your free hand, check your testicle for any changes in size, lumps or bumps, discoloration, or pain.

team you

ROCKY MOUNTAIN
CANCER CENTERS