Compassionate Care for Woman

Women's Imaging Center
An IMAGINGPARTNERS Facility

BREAST SELF-EXAMINATION

You can play a starring role in your health and well-being by taking the time to perform routine breast self-exams.

Self-Examination

Keep organized! Track the dates of each of your self-exams by writing the date next to the corrsponding month on the chart below. Indicate any findings by marking them directly on the breast illustrations below. Use this tool as a visual to show your healthcare provider if you have any findings from your self-exam.

January	**February**	**March**
Left Right	Left Right	Left Right
April	**May**	**June**
Left Right	Left Right	Left Right
July	**August**	**September**
Left Right	Left Right	Left Right
October	**November**	**December**
Left Right	Left Right	Left Right

Examination Notes

Show your healthcare provider your breast self-exam technique and capture their feedback by taking notes below. Use this area to write down any suggestions he/she may have to ensure a successful self-examination.