KNOW Your Breasts

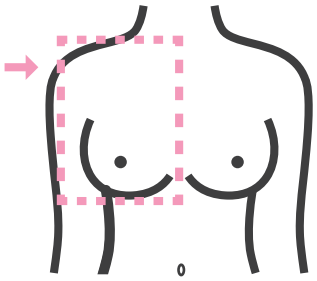
Take the time for breast awareness and follow the three Ps:

Perimeter: Using the pads of your first three fingers, trace from your collarbone to your armpit, down the outside of your breast, underneath and then back up to your collarbone again.

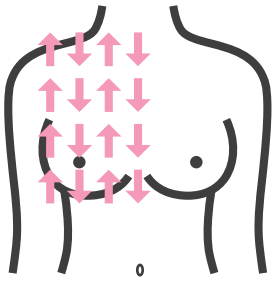
Pattern: Beginning under your arm, move your fingers in straight vertical lines over your breasts.

Pressure: Move the pads of your fingers in small, dime-size circles over your breast tissue and underarms, using light, medium and deep pressure.

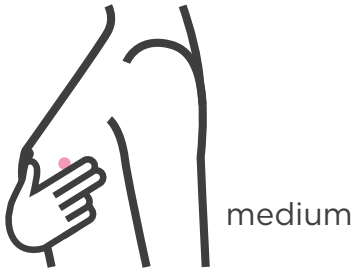
Perimeter
Border Lines
(axilla, bra line, sternum, clavical)



Pattern
Search pattern
(Strip technique)



Pressure
3 levels (superficial, middle, deep)



Take note of discharge from your nipples and itchy, red or scaly skin. If you find soft lump, keep track of it. If it doesn't go away after your next period, have it checked by a professional. If you find a rock-like lump, have it checked by a professional. Request an appointment at The Breast Center at Floyd by calling 706.509.6840 or online.

floyd.org/breastcenter

The Breast Center at FLOYD