

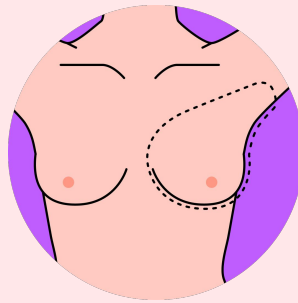


Know your body Check your breasts

Once a month, 2-3 days after your period

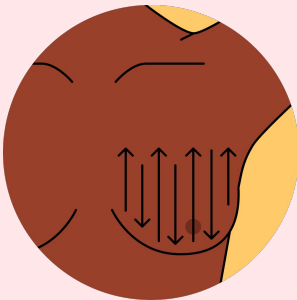


Use your fingertips with massage oil or shower gel

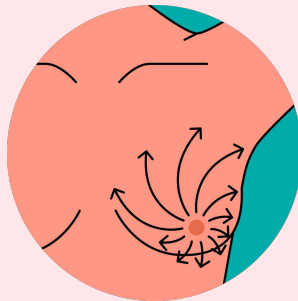


Examine your breast and armpit with raised arm

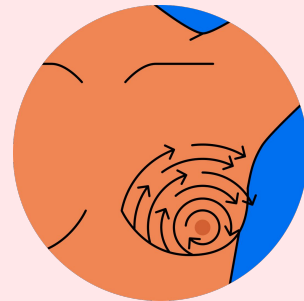
How?



Up and down

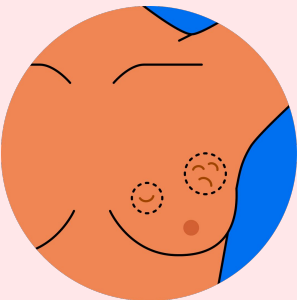


Wedges

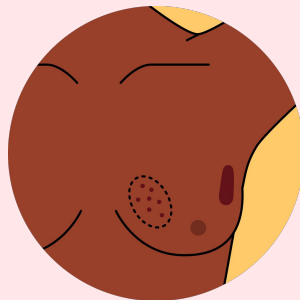


Circles

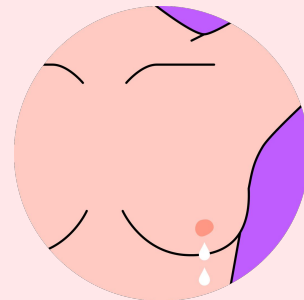
Notice:



Are there skin dimples or lumps?



Is there a change in color?



Is there nipple deformation or leaks?

Learn your breast cancer risk and get help scheduling screenings at color.com/login