



Breast Cancer Examinations for High School Students

Health educators may use this resource to assist with their instruction about self-examinations for breast and testicular cancers. Educators are encouraged to share the link to these resources as well as print them for students.

How Often to Perform a Self-Examination



The American Cancer Society does not recommend regular breast self-exams as a part of a routine cancer screening schedule. This does not mean they should never be done. It is important to recognize when changes have occurred.

The Importance of Mammograms

Mammograms are low-dose X-rays of the breast. Regular mammograms can help find breast cancer at an early stage, when treatment is most successful. Screenings are recommended by age 40 and should be discussed with a healthcare provider.

Sources

American Cancer Society: ACS Breast Cancer Early Detection Recommendations.(2017, Nov. 17). Retrieved from American Cancer Society's [website](#).

MedlinePlus: Benign: MedlinePlus Medical Encyclopedia. (2021, Feb. 8). Retrieved from MedlinePlus' [website](#).

Mayo Clinic: Breast Self-Exam for Breast Awareness (2020, June 9). Retrieved from Mayo Clinic'd [website](#).

4 Steps for Performing a Self-Examination

The Mayo Clinic directs women to use the following steps to perform a self-examination of their breasts:



Use your eyes to determine if there are any changes to the look of your breasts.



Use the pads of your fingers, applying various different levels of pressure, to feel your breasts.



Move your fingers in a pattern, such as a counter-clockwise motion, to feel for changes.



Call your doctor if you notice any changes. Though most changes detected are benign, some changes may be more serious.

Visit Mayo Clinic's [website](#) for more information.