

Breast Exam

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| Patient Name: | |
| Age: | |
| Birth Date: | |
| Date of Examination: | |
| Medical History: | |

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| Step 1: Inspection |
| 1. Visual Examination: |
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| 2. Raise Your Arms: |
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| Step 2: Palpitation |
| 1. Lying Down: |
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| 2. Up-and-Down Motion: |
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| 3. Circular Motion: |
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Step 3: Sitting or Standing

1. Examine While Sitting or Standing:

Note:

- If you notice any unusual changes, such as lumps, changes in size, or persistent pain, consult with a healthcare professional promptly.
- It's recommended to perform a breast self-exam once a month, preferably a few days after your menstrual cycle.