

# Breast Exam

<b>Patient Name:</b>	
<b>Age:</b>	
<b>Birth Date:</b>	
<b>Date of Examination:</b>	
<b>Medical History:</b>	

## Step 1: Inspection

1. Visual Examination:

2. Raise Your Arms:

## Step 2: Palpitation

1. Lying Down:

2. Up-and-Down Motion:

3. Circular Motion:

### 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.