Breast Exam

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Breast exams are the first step in early detection of breast cancer.
The American Cancer Society recommends 1:

- women over 20 should do a monthly breast self exam
- women in their 20's and 30's should have a clinical breast exam every 3 years
- women over 40 should have a clinical breast exam yearly

This PDF from Susan G. Komen for the Cure summarizes early breast cancer detection techniques.

Self Breast Exam

A self breast exam involves looking at and feeling your breasts to detect any abnormalities or changes. Susan G. Komen For the Cure also provides a video tutorial on how to perform a self breast exam.

Clinical Breast Exam

Clinical breast exams should be done by a physician, nurse practitioner, or other specially trained medical professional who is well trained in the technique during a routine medical exam. Learn more about clinical breast exams from the American Cancer Society.

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1 American Cancer Society. "Appendix B: Guidelines for early detection of breast cancer". Copyright 2010 American Cancer Society. Site accessed 10/1. [http://www.cancer.org/Treatment/UnderstandingYourDiagnosis/ExamsandTestDescriptions/ForWomenFacingaBreastBiopsy/breast-biopsy-early-detection-guidelines-for-breast-cancer]