

Breast self-checks 101

ANCHOR LEDE

When performing a monthly self-check for breast cancer signs, there are more than just lumps to look out for.

TAKE VO

OSF HealthCare breast health navigator Heather Chambers says to look for skin changes, nipple changes, one breast larger than the other, pain and issues under the armpits.

SOT

Heather Chambers, OSF HealthCare breast health navigator

“Your lymphatic system drains to armpits. So, if there’s anything going on in the breast, it’s going to show up in your armpit eventually.” (:07)

VO TAG

Chambers says to pick a date for your self-check that’s a week after your menstrual cycle ends. If you find something, you don’t need to go to the hospital unless you have an urgent problem. Instead, make an appointment with a provider and document what’s happening.