

# How to Practice Breast Mapping

## A Monthly Breast Awareness Guide

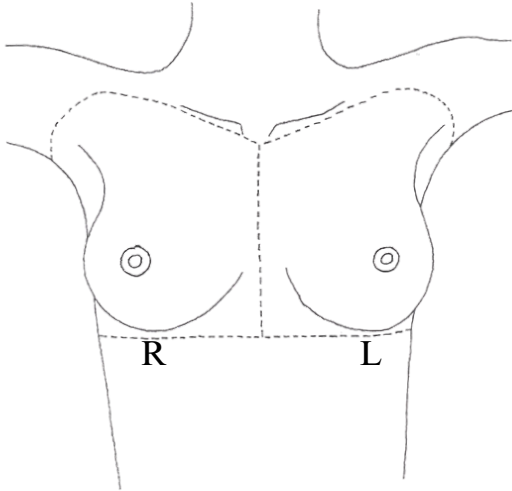
**Breast Mapping is a simple monthly practice that helps you become familiar with your normal breast tissue so you can more easily recognize changes over time.**

### 1. Choose a Consistent Time

If you menstruate: 5–10 days after your period begins

If post-menopausal: Choose the same date each month

Consistency builds familiarity



### 2. Begin with Visual Observation

Stand in front of a mirror.

Look for:

- Changes in size or shape
- Skin dimpling or puckering
- Redness or rash
- Nipple inversion or discharge

Repeat with arms raised.

### 3. Use the Clock Method

Imagine your breast as a clock face with the nipple in the center:

Left Breast:

12 o'clock – top

3 o'clock – outer side

6 o'clock – bottom

9 o'clock – inner side

Right Breast:

12 o'clock – top

3 o'clock – inner side

6 o'clock – bottom

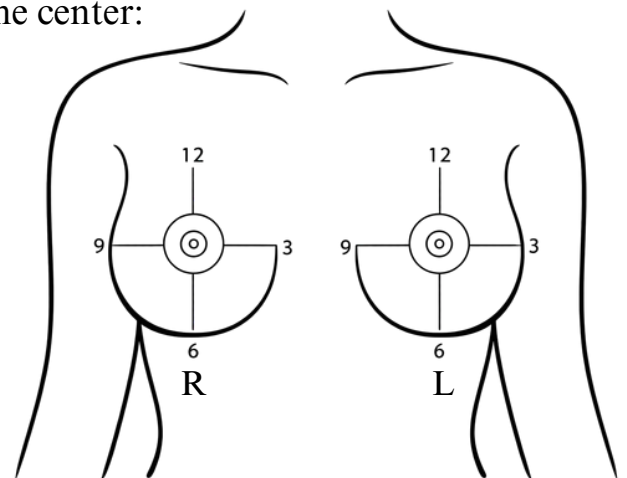
9 o'clock – outer side

Work around the breast slowly in sections.

### 4. Apply Three Levels of Pressure

- Using the pads of your fingers:
- Light – just under the skin
- Medium – mid-level tissue
- Deep – near the chest wall

Use small circular motions and move methodically.



### 5. Notice What Is Normal for You

Pay attention to:

- Natural density or nodularity
- Rope-like or fibrous areas
- Tender spots
- Mobility under your fingers

Your goal is familiarity — not fear.

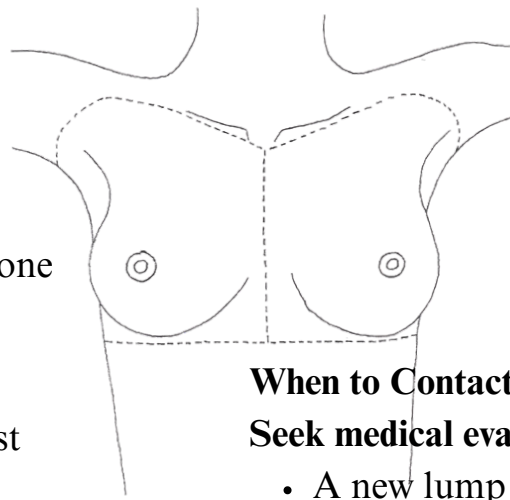
## 6. Check Nearby Areas

- Gently examine:
- Underarm (axilla)
- Above and below the collarbone
- Along the breastbone

## 7. Record Your Findings

Mark observations on your Breast Mapping diagram each month.

Tracking patterns builds confidence.



## When to Contact Your Provider

Seek medical evaluation if you notice:

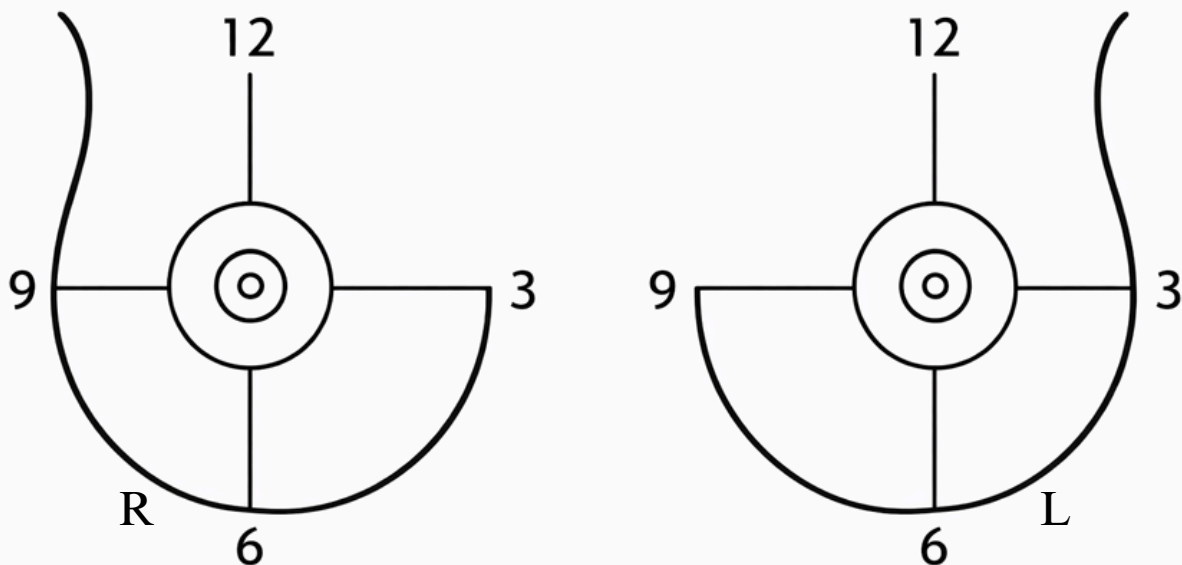
- A new lump that persists
- Thickening in one area
- Skin dimpling
- Unusual warmth or redness
- Nipple discharge or inversion
- Swelling in the underarm

## Thermography + Breast Mapping: A Powerful Partnership

Breast Mapping helps you recognize physical changes at home. Medical Thermography helps identify physiological patterns and areas of inflammation before structural changes may be felt. When used together, they create a proactive approach to breast health awareness.

Bring your completed Breast Mapping page to your thermography appointment for discussion and comparison.

## Make sure you mark any changes



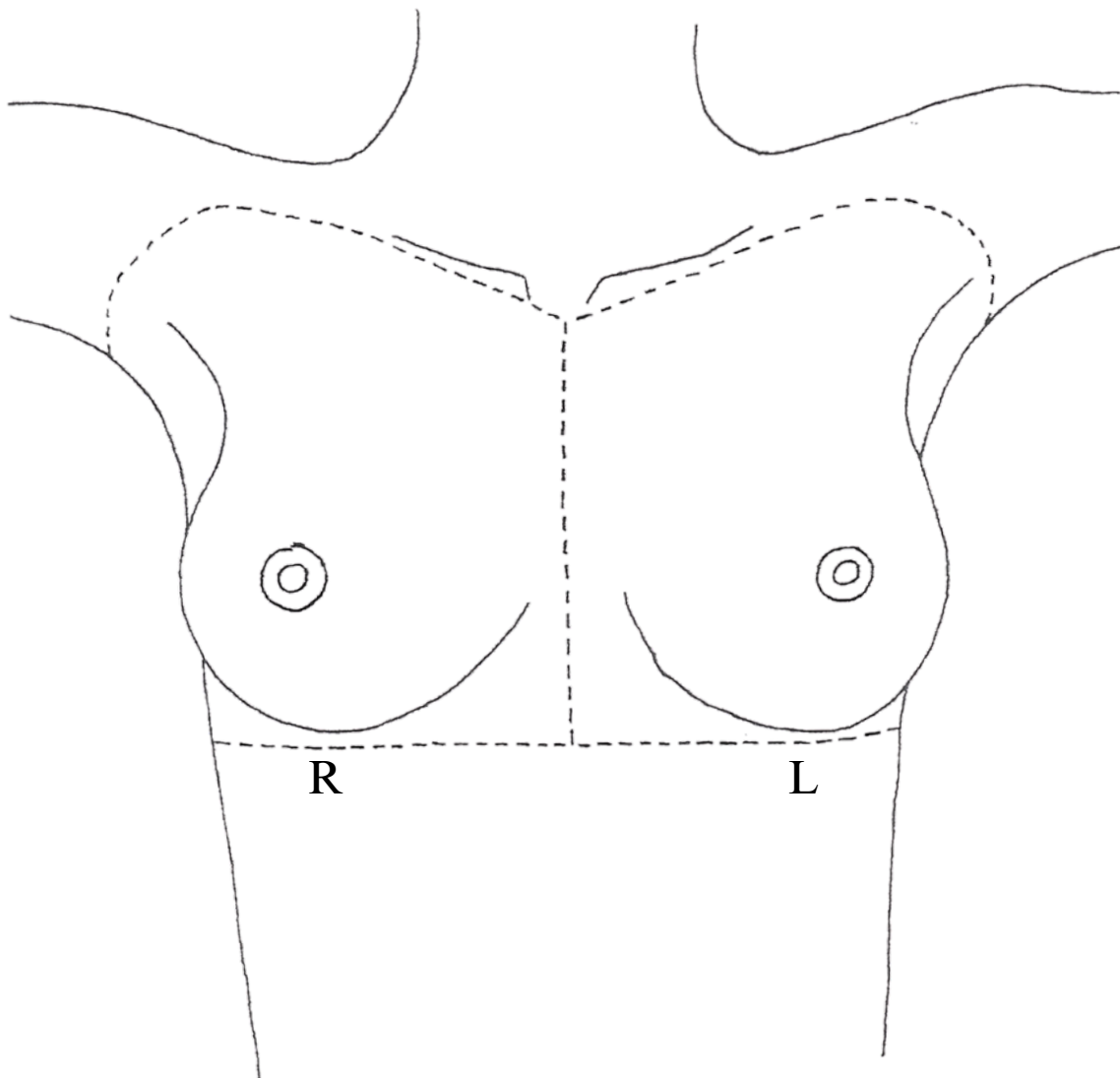
Breast Mapping is a self-awareness tool and does not replace clinical screening or professional care.

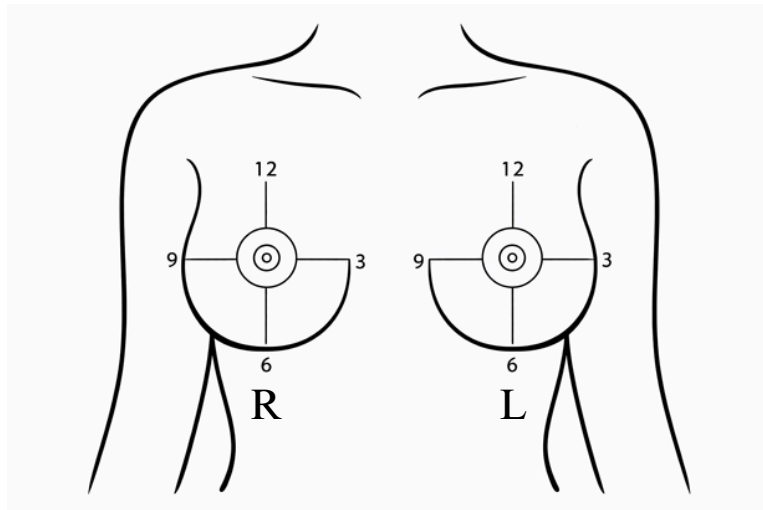
[www.MindfulWellnessMedicalThermography.com](http://www.MindfulWellnessMedicalThermography.com)

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# Breast Mapping

Photocopy this page, map your breast topography on it monthly and record any changes. Palpate the area contained within the dotted lines on your own breast and draw what you find. Check your map each month, making any changes as required.





**Make sure you mark any changes**

