

Monthly Reminder for Breast Self-Examination

Dear [Recipient's Name],

This is a friendly reminder to perform your monthly breast self-examination. Regular self-examinations are an important part of maintaining breast health.

Steps for Performing a Breast Self-Examination:

1. Look at your breasts in the mirror with your arms at your sides.
2. Raise your arms and look for changes in shape or size.
3. Feel your breasts while lying down, using a circular motion with your fingers.
4. Check for any lumps or changes in the tissue.
5. Repeat the examination while standing or sitting.

If you notice any changes, please consult your healthcare provider.

Thank you for taking care of your health!

Sincerely,

[Your Name]

[Your Position]

[Your Organization]