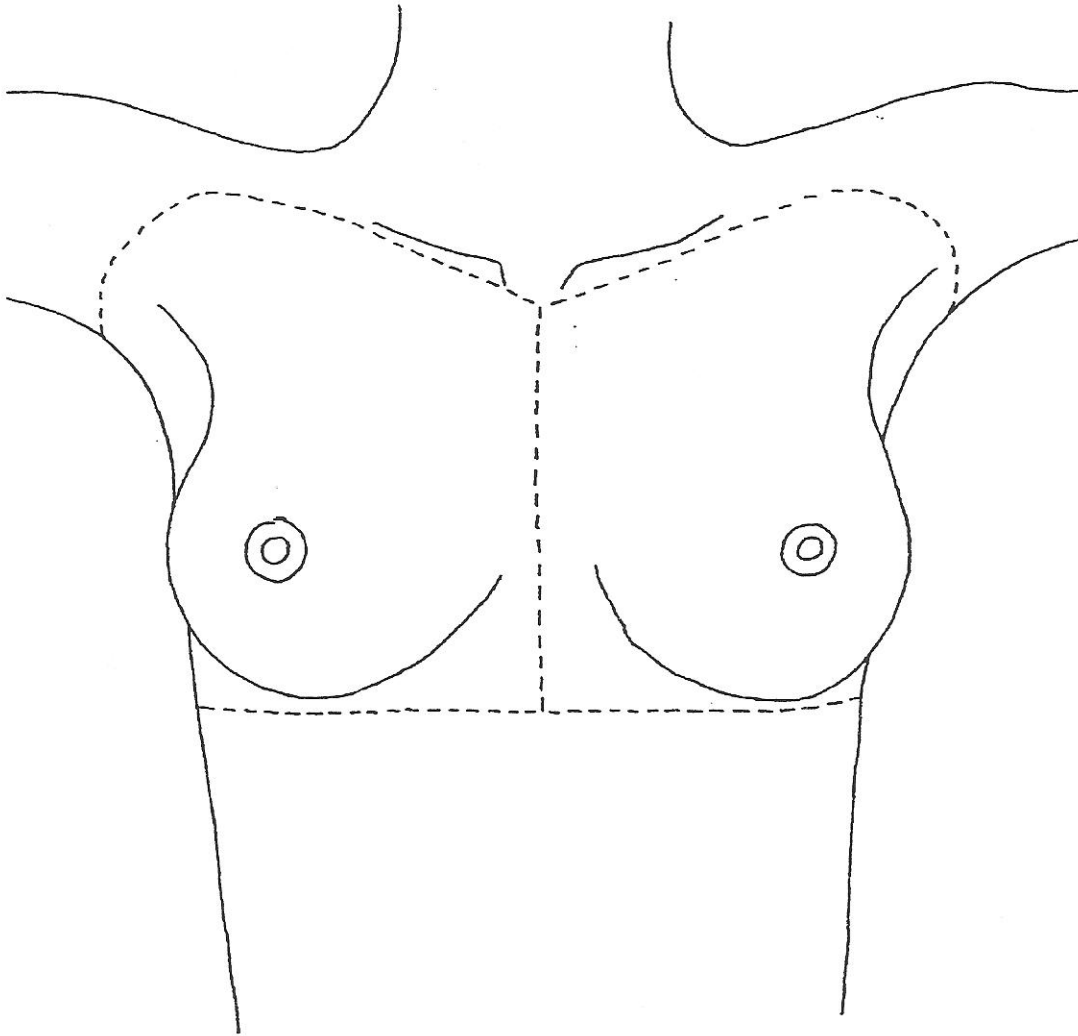


### BREAST MAP

Photocopy this page, map your breast topography on it monthly and record any changes.

Date: \_\_\_\_\_

Palpate the area contained within the dotted lines on your own breasts and draw what you find using the notations on the previous page. Check your map each month, making changes as needed.



Source: The Healthy Breast Program, Sat Dharam Kaur, N.D., p. 25