

# YOUR **(D)****(I)****(Y)** BREAST CARE GUIDE

## CLINICAL BREAST EXAM

A  
PSYICAL  
EXAM DONE BY A  
HEALTH CARE PROVIDER  
AS PART OF YOUR REGULAR  
MEDICAL CHECK-UP.

WOMEN AT AGE 20+ SHOULD HAVE  
AN EXAM ONCE A YEAR.

AT AGE 40, WOMEN SHOULD COMBINE  
CLINICAL BREAST EXAMS WITH  
MAMMOGRAM SCREENINGS.

## MAMMOGRAM

A  
MAMMOGRAM IS  
AN X-RAY IMAGE OF  
THE BREAST.

WOMEN AGE 40+ SHOULD GET  
SCREENED EVERY YEAR.

HANDLE WITH CARE

FRAGILE

Breast cancer represents 25% of all cancers.

## EARLY DIAGNOSIS SAVES LIVES!

A breast self exam (BSE) should not replace these two screening methods.  
However, it is recommended that all women become familiar with their breasts.  
Learn how to do a breast self exam.



STEP 1

BREAST SELF EXAM: **FEEL** FOR CHANGES



GENTLY USE THE PADS OF THE 3  
MIDDLE FINGER TIPS

LAYING DOWN OR STANDING IN THE SHOWER,  
PLACE ONE HAND BEHIND YOUR HEAD



JUST A FEW MINUTES



ONCE A MONTH



STEP 2

USE VARYING LEVELS OF PRESSURE TO FEEL THE BREAST TISSUE.

L

LIGHT

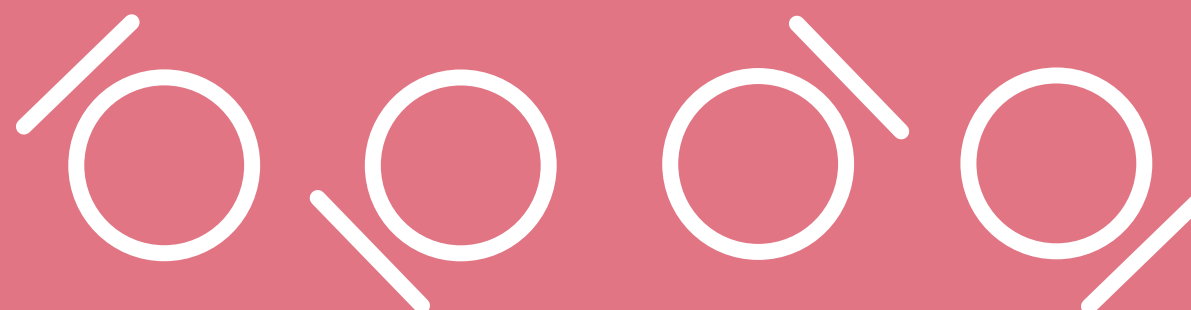
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MEDIUM

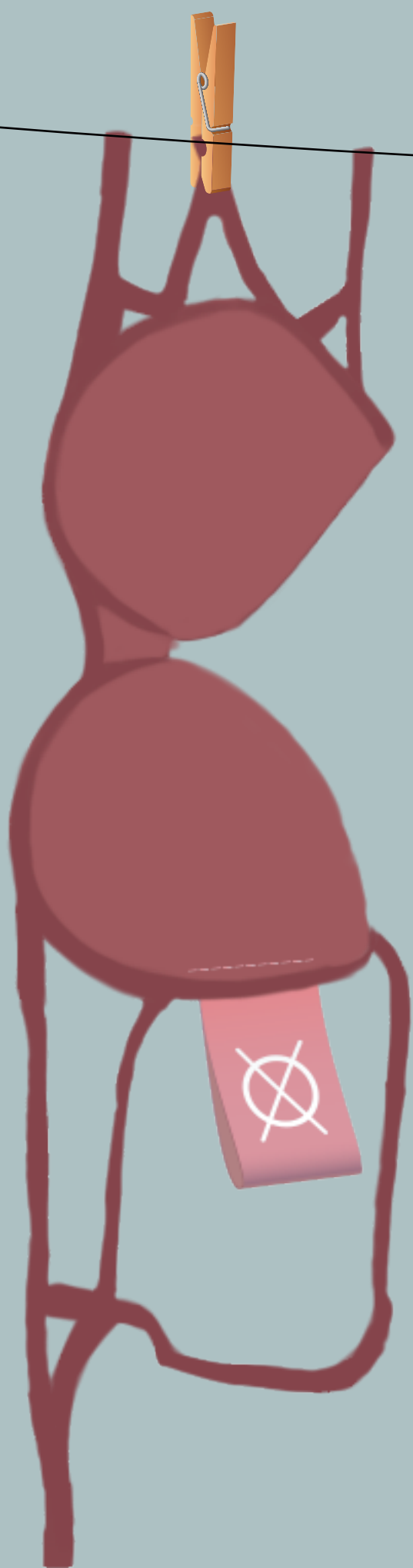
F

FIRM

IN A CIRCULAR MOTION  
WITHOUT LIFTING YOUR  
FINGERS



FEEL FOR CHANGES IN YOUR BREAST, ABOVE AND BELOW YOUR  
CLAVICLE AND YOUR ARMPIT.



### STEP 3

EXAMINE THE BREAST USING ONE OF THREE PATTERNS (A, B OR C)

### A

#### WEDGED PATTERN

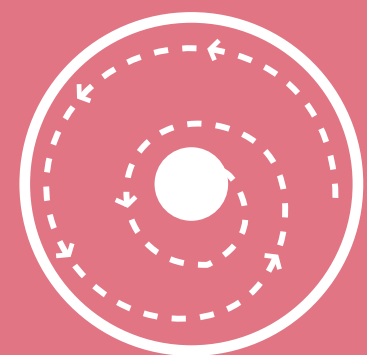
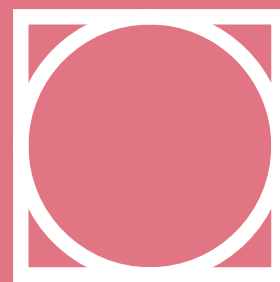


START AT THE OUTER SIDE OF THE BREAST. MOVE FINGERS TOWARDS THE NIPPLE, THEN RETURN TO ORIGINAL POSITION.

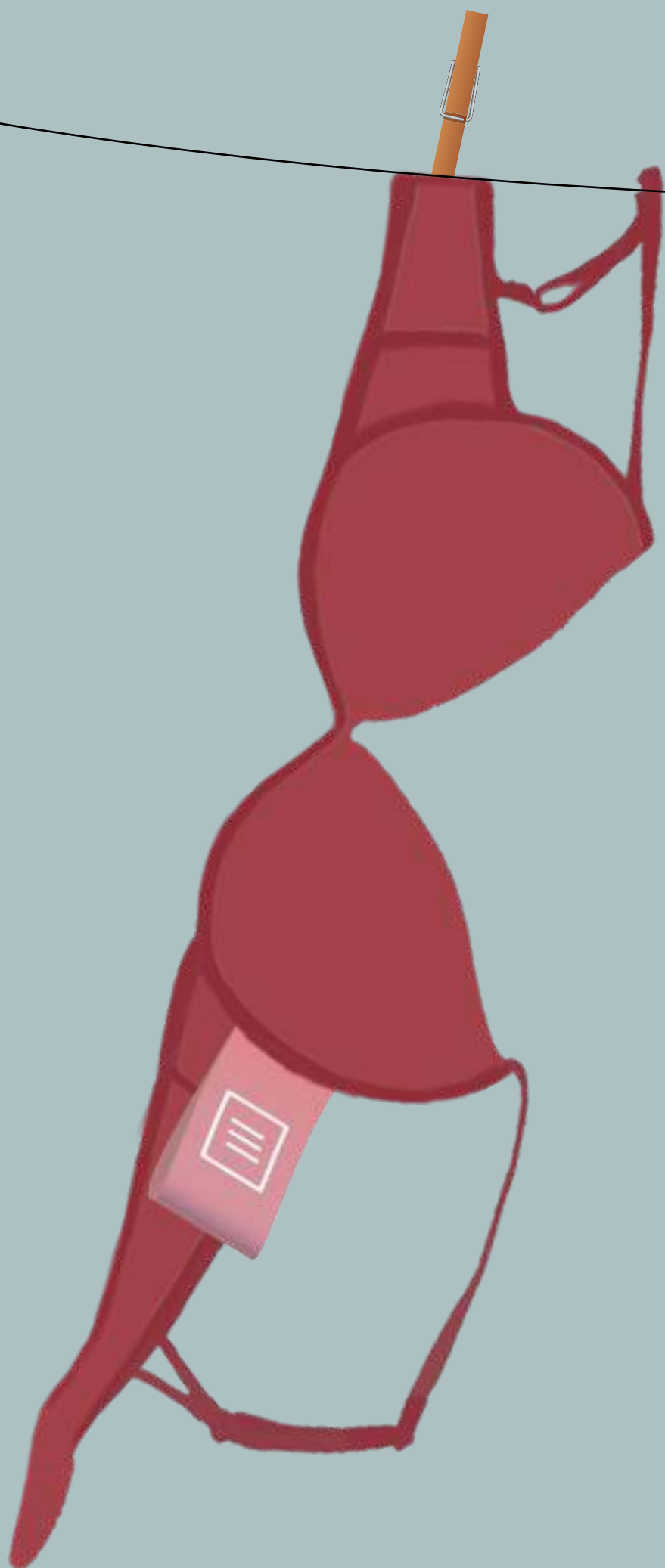


**B**

## CIRCULAR/SPIRAL PATTERN

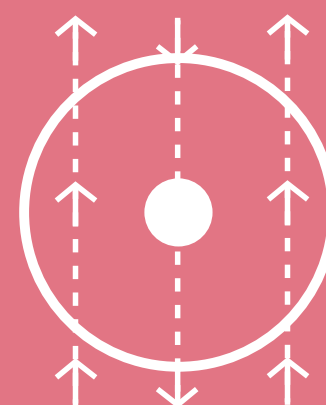


START AT THE OUTER SIDE OF THE BREAST  
MOVE FINGERS AROUND THE BREAST IN A  
FULL CIRCLE. CONTINUE PRESSING IN  
SMALLER CIRCULAR MOVEMENTS UNTIL  
YOUR REACH THE NIPPLE



C

## UP & DOWN PATTERN



START UNDER THE ARMS AND WORK YOUR  
WAY DOWN THE BREAST, MOVE BACK UP  
AND REPEAT.



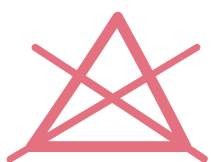


#### STEP 4

**LOOK** FOR CHANGES IN FRONT OF THE MIRROR



ARMS BY YOUR SIDE



ARMS RAISED ABOVE YOUR HEAD



HANDS ON YOUR HIPS PRESSING DOWN



BENDING FORWARD

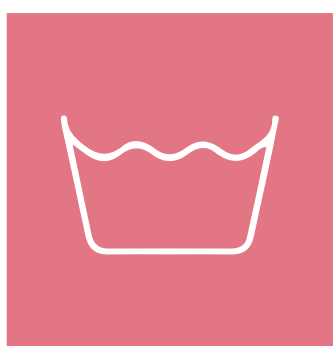
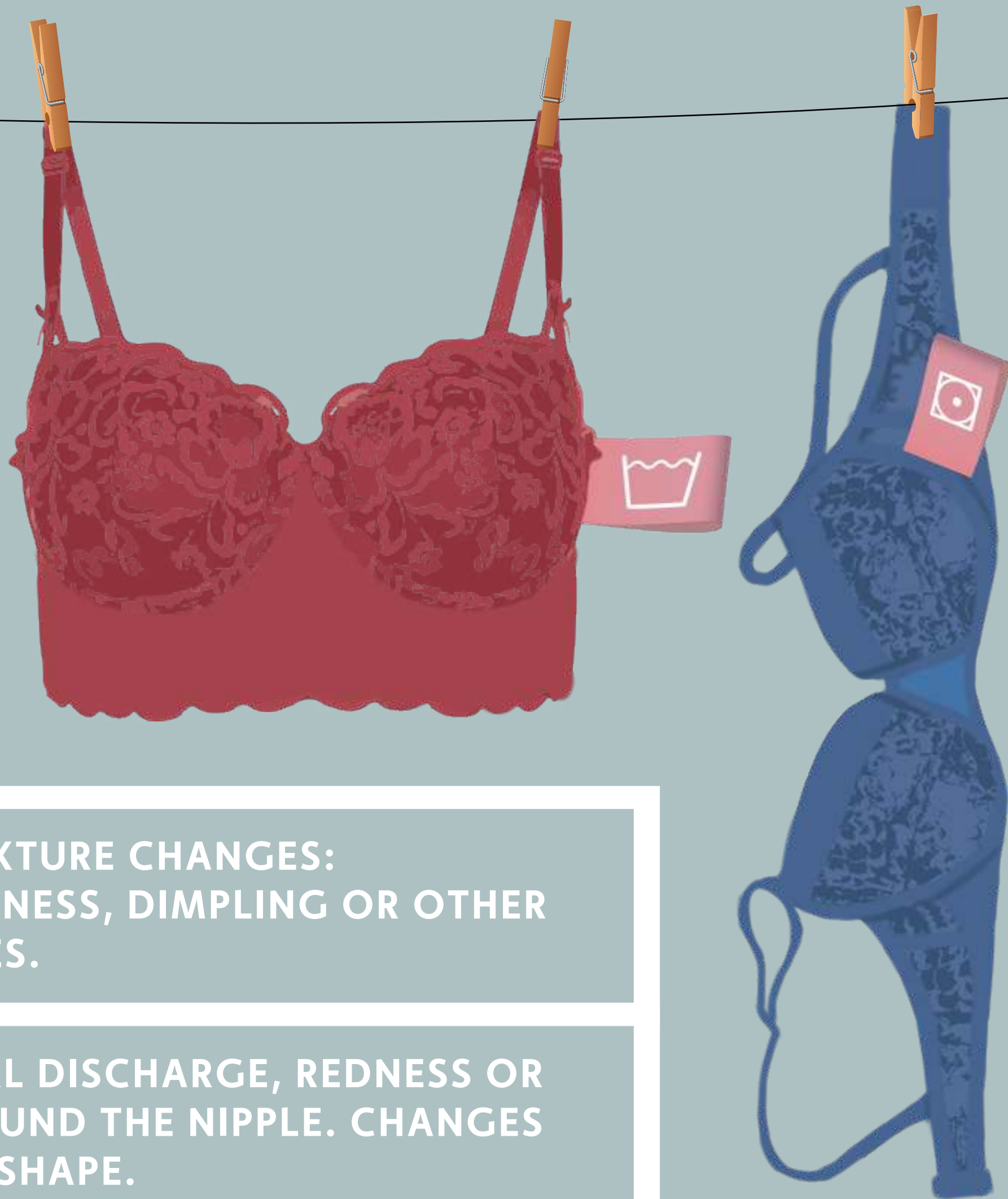


TURN FROM SIDE TO SIDE IN EACH POSITION AS YOU LOOK FOR THESE WARNING SIGNS:

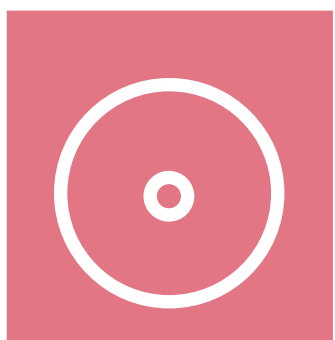


A CHANGE IN SHAPE & SIZE OF THE BREAST, NIPPLE & AREOLA. VISUAL LUMPS





**SKIN & TEXTURE CHANGES:  
RASH, REDNESS, DIMPLING OR OTHER  
SKIN SORES.**



**ABNORMAL DISCHARGE, REDNESS OR  
RASH AROUND THE NIPPLE. CHANGES  
IN NIPPLE SHAPE.**

**If you see or feel any changes in your breasts,  
see your doctor right away.**