



IMPORTANCE OF THE SELF BREAST EXAM

- Breast is the most common site of cancer in both black & white women.
 - Black women have a greater mortality rate by 20%.
- It is associated with a low incidence of self-detection & medical follow-up.
- Most breast cancer is discovered by women themselves.
- Most breast lumps are benign (approximately 80%)
- 11.11% to 12.5% women will get breast cancer.
- There is an EXCELLENT chance of being cured with early treatment.

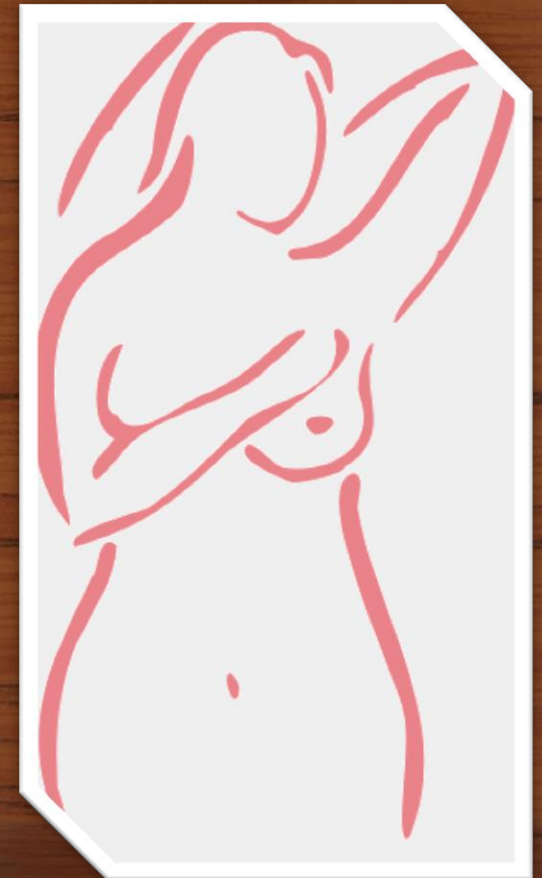


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Self Breast

Exam 101

*A Women's Guide to
Perform a Self Breast Exam*



RISK FACTORS FOR BREAST CANCER

- History of lumps or skin changes
- Family history of breast disease
- Surgery
- Frequency of clinical breast exams
 - Between 20-39 years, every 3 years.
 - Age 40 or over, every year.

WHEN TO DO A SELF BREAST EXAM?

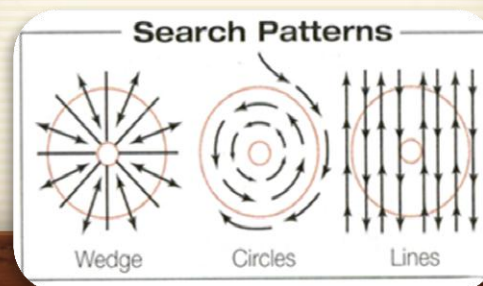
- Same time every month.
- About one week after period when breasts are not tender or swollen.
- After menopause, check first day of every month.
- Girls should begin at age 14-15 and continue throughout life.

WHAT TO LOOK FOR?

- Pain, tenderness
- Discharge from nipples
- Rashes
- Swelling
- Trauma

HOW TO DO A SELF BREAST EXAM

- Inspect your breasts with your arms at your sides, with your hands on your hips, and with your arms raised while flexing your chest muscles. Use a mirror for this.
 - Look for any changes in contour, swelling, dimpling of skin, or appearance of the nipple. It is normal if your right and left breasts do not match exactly.
- In a standing or lying position, use the pads of your fingers and press firmly on your breast, checking the entire breast and armpit area. Move around your breast in a circular, up-and-down, or wedge pattern.
 - Use the same method every month.



FOR MORE INFORMATION

- <http://www.women.webmd.com/healthtool-self-breast-exam>
- <http://www.komen.org/BreastCancer/BreastSelfExam.html>
- <http://www.nlm.nih.gov/medlineplus/ency/article/001993.htm>
- <http://www.fwhc.org/health/self-breast-exam.htm>
- http://www.breastcancer.org/symptoms/testing/types/self_exam/bse_steps.jsp

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