

Early detection is key to survival.

Early Breast Cancer Detection is Key to Survival:

Breast cancer is the second most diagnosed cancer in women, affecting one in every eight women in the U.S. The goal of screening mammography and breast self-exams is to identify breast abnormalities as early as possible. If breast cancer is found early, there are more treatment options and a better chance for survival.

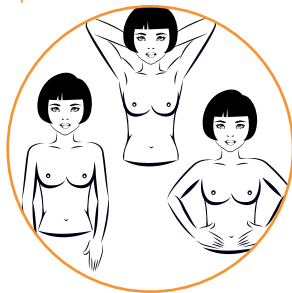
Monthly Breast Self-Exams: The Carol Milgard Breast Center recommends that women do monthly breast self-exams to understand what looks and feels normal for their breasts. If you notice any changes in your breasts or underarms, be sure to see your health care provider right away.

STEP 1: LOOK FOR CHANGES

(Changes in shape, skin, nipples and vein patterns)

In front of the mirror:

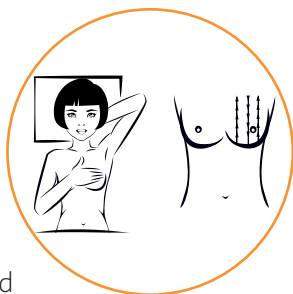
- Hold your arms at your side
- Hold your arms over your head
- Press your hands on your hips and tighten your chest muscles
- Bend forward with your hands on your hips



STEP 2: FEEL FOR CHANGES

Lying down:

- Lie down on your back with a pillow under your right shoulder.
- Use the pads of the three middle fingers on your left hand to check your right breast.
- Start exam under the arm and end at breastbone. Press using light, medium and firm pressure in a circle without lifting your fingers off the skin.
- Follow an up and down pattern.
- Feel for changes in your breast, above and below your collarbone and in your armpit.
- Repeat on your left breast using your right hand.



Check each box after you complete your **monthly** breast self-exam:

- | | |
|--------------------------------|-------------------------------|
| <input type="checkbox"/> Jan | <input type="checkbox"/> July |
| <input type="checkbox"/> Feb | <input type="checkbox"/> Aug |
| <input type="checkbox"/> March | <input type="checkbox"/> Sept |
| <input type="checkbox"/> April | <input type="checkbox"/> Oct |
| <input type="checkbox"/> May | <input type="checkbox"/> Nov |
| <input type="checkbox"/> June | <input type="checkbox"/> Dec |

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