

*understanding*

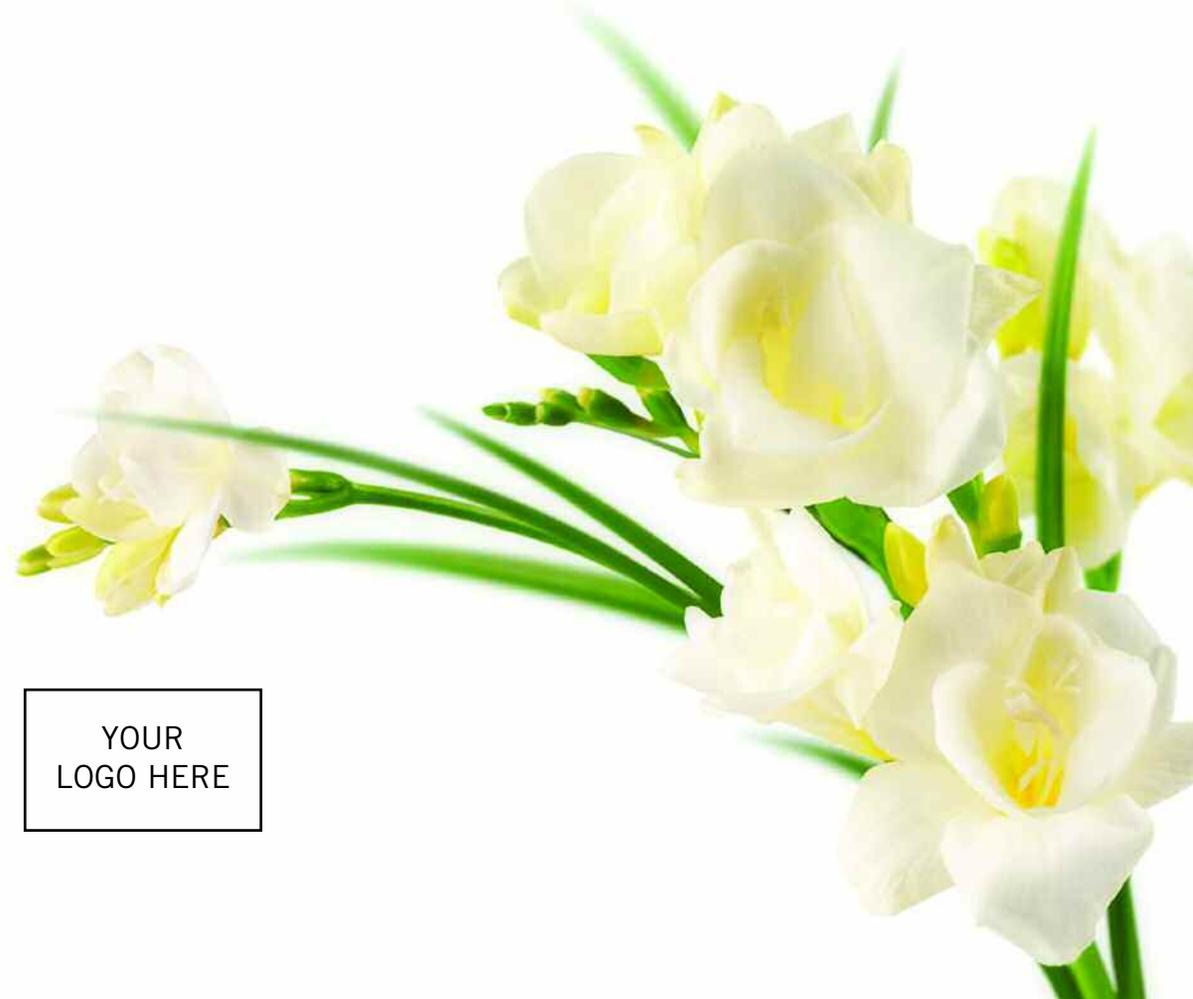
## What should I do if I find a lump?



If a lump or dimple or discharge is discovered during a BSE, it is important to see your doctor as soon as possible. Don't be frightened. Most breast lumps are not cancer, but only your doctor can make the diagnosis.

The success rate for treating breast cancer increases if the disease is caught before it spreads to the axillary lymph nodes. That's why the American Cancer Society urges all women to perform a breast self-examination at least once a month.

*understanding*  
breast self-examinations



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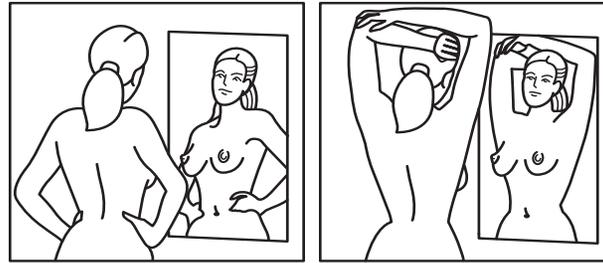
# *all about breast self-exams*

## What is a breast self-exam (BSE)?

Breast self-examination (BSE) is when a woman uses her fingers to examine her breast for any unusual lumps or spots. It is a very important part of every adult woman's personal health regimen.

## Why should I do it?

Regularly examining your own breasts allows you to become familiar with how your breasts normally look and feel, and can help you more readily detect any changes that may occur.



## Where should I do it?

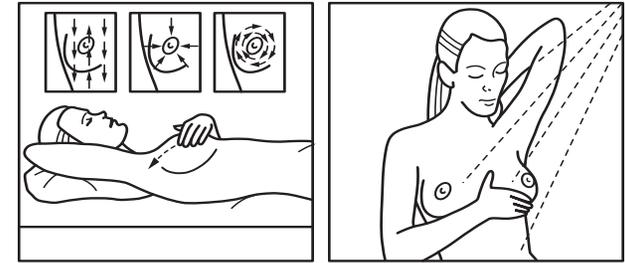
You should examine your breasts wherever you are most comfortable, such as standing in front of a mirror, lying down or in the shower.

## How should I do it?

In front of a mirror, inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in contour of each breast, swelling, dimpling of skin, or changes in the nipple.

While lying down, position your fingers flat, move gently over every part of the breast. Check for any lump, hard knot or thickening by moving the fingers in a uniform search pattern, as shown.

Finally, squeeze the nipple of each breast gently between thumb and index finger. Any discharge, clear or bloody, should be reported to your doctor immediately.



## When should I do it?

Many physicians and cancer organizations recommend that BSE be performed once each month beginning at age 20 and should continue each month throughout a woman's lifetime.

Follow the same procedure once a month about a week after your period, when breasts are usually not tender or swollen. After menopause, check breasts on the first day of each month. After hysterectomy, check with your doctor or clinic for an appropriate time of the month. Doing a BSE will give you monthly peace of mind. And have a physician examine your breasts every 3 years from age 20 to 39, and every year after 40.