

Breast Cancer Awareness

Types of Exams

Early Detection and Survival

Breast Warning Signs

Nipple Warning Signs

In Your 20s & 30s

In Your 40s & Up

Healthy Living

- **Mammography:** X-ray pictures of the breast. They can detect cancer in its earliest stages, even before a lump can be felt.
- **Clinical Breast Examination (CBE):** Performed by a health care professional who carefully checks for lumps and changes.
- **Breast Self-Examination (BSE):** Involves carefully looking at and feeling your own breasts for any changes.

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Risk Factors

More Risk Factors

Lifestyle Risk Factors

Finding a Lump

Mammograms

Mammography Tips

Self-Exam Tips

Breast Self-Exam

Standing in Front of the Mirror:



Start with your hands down at your sides. Look at both of your breasts to note any changes in size or shape. Also check the color and texture of your skin. Repeat these steps with your arms in the air. Then, repeat the steps while pushing down on your hips to tighten your chest muscles. Finally, examine your breasts while bending at your waist, with your hands on your hips. This will allow you to check for any dimpling of the skin.

Lying Down:



Place a pillow under your right shoulder and raise your right arm above or behind your head. Care-

fully inspect your right breast with the pads of the three middle fingers on your left hand, using a small, circular motion in an up-and-down pattern. Apply different amounts of pressure (light, then medium, then firm) to each area of the breast.

Make sure to check all areas where breast tissue may be found - from the armpit to the breastbone, and from the collarbone to the bra line. Make sure you do not lift your fingers away from the skin at any time during the exercise. When you have finished, lower your right arm and examine your right armpit. Repeat these steps on the left breast.

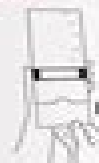
Be sure to check the underarms, the nipples, and the areas above and between your breasts.

- Family history of breast cancer.
- Prior personal history of breast or ovarian cancer.
- Prior personal history of non-cancerous (benign) tumors (where the tissue is removed).
- A mutation in the BRCA1 or BRCA2 genes.

Medical Facts

PocketSlider®

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1. Place guide inside palm with fingers and thumb gently gripping outer edges of guide.
2. Gently pull tab with other hand until inside card slides smoothly.
3. Pull tab until dot lines up on desired topic.
4. View reference tips in cut out window.

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Pocket Guide For Women And Cancer

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