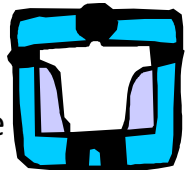


Breast Exams

What is it?

- **Mammogram**- a breast X-Ray that can detect breast tumors too small to be detected by clinical breast exam or breast self-exam, mammogram saves lives
- **Clinical Breast Exam**- feel for lumps, unusual changes
 - **Recommended**- yearly after 40, or if problems with breasts
 - **1 Yearly**- normal, changes in your breasts, finding lumps, cysts
 - **Mirror Exam**- nude from waist up look at your breasts with hands down by your side, above your head, on your hips and bending forward- if you have a > 10 year old girl let her help you and then she can also learn the procedure
 - **Lying Down on the Bed**- place a pillow under the shoulder you are examining; using the upper 1/3 of your fingers, move your fingers in penny sized circles over your breast and nipple, push down gently checking for lumps, changes, thickening; then examine the other breast; this can also be done in the shower
 - **Check**- armpits, breastbone, any area around the breast; examine both breasts



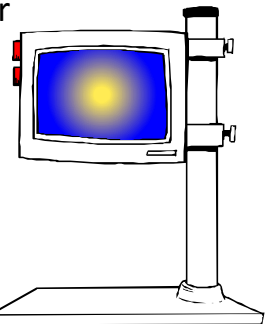
Signs and Symptoms:

- **Changes**- size, shape, indentations, puckering, flattening, contour, nipple skin, milky discharge from the nipple, inverted nipple, swollen bumps, festered sores, orange color, leathery skin or dimpled skin, scaly skin, swelling that does not go away



Facts:

- **Normal**- 1 breast larger than the other, some tissue may be thicker
- **80%**- women discover the lump
- **Breast Cancer**- 10% have pain without a lump



What can I do?

- **See your Health Care Provider**
- **See a Registered Dietitian**- for help as needed or line for help
- **Repeat Monthly**- at the same time to check your breasts, a few days after your period or anytime if do not menstruate