

Breast

Self-Awareness



1. Know your risk

Talk to your family to learn about your family health history.

2. Get screened

Have a mammogram every year starting at age 40. **Call Marian Breast Imaging at 346.3490 to set up your appointment.**

Have a clinical breast exam at least every three years starting at age 20 and each year starting at age 40, and talk to your doctor about what screening tests are right for you.

3. Know what is normal for you

See your health care provider right away if you notice any breast changes, including these:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts
- Nipple discharge that starts suddenly

4. Make healthy lifestyle choices

Maintain a healthy weight
Add exercise into your routine
Limit alcohol intake

■ **For more information about breast cancer screening, please call our dedicated oncology trained nurse navigator at 346.3405.**



Steps to

Breast Self-Examination

Know Your Body

Mark your calendar to remind yourself to do a BSE each month; this is the best way to learn what is normal for you. Any changes from your normal should be reported to your healthcare provider right away.



Step 1: Look for changes

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
- 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



National Cancer Institute

Step 2 can be repeated while bathing or showering using soapy hands.