

how to do a self breast exam

as recommended by the susan g. komen foundation
and the american cancer society

Women should be aware of how their breasts normally look and feel. Knowing what is normal for you may enable you to note changes in your breast in the time between your yearly mammogram and/or clinical breast exam. Breast self-exam (BSE) is a tool that may help you become familiar with the way your breasts normally look and feel. BSE involves looking at and feeling your breasts. Women who practice BSE should also be sure to get mammograms and clinical breast exams at the appropriate age. BSE should not be substituted for these screening tests.

step 1 Know Your Risk

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

Talk to your doctor about your personal risk of breast cancer.

step 2 Get Screened

Ask your doctor which screening tests are right for you if you are at a higher risk .

Have a mammogram every year starting at age 40 if you are at average risk.

Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40.

step 3 Know What Is Normal For You

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

- 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
- New pain in one spot that does not go away



breast cancer Facts

An estimated 192,370 new cases of invasive breast cancer were diagnosed in 2009.

Approximately 40,610 were expected to die 2009.

One in eight women or 12.6% of all women will get breast cancer in her lifetime.

Breast cancer risk increases with age and every woman is at risk.

Every 13 minutes a woman dies of breast cancer.

step 4 Make Healthy Lifestyle Choices

Maintain a healthy weight.

Add exercise into your routine.

Limit alcohol intake.

step 5 Performing the Self Breast Examination

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

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 (can be repeated while bathing or showering using soapy hands.)
- 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

testimonials

"I don't have health insurance so I was excited to see how affordable Digital Mammograms are at Windsor Imaging. It was worth the short drive to Fort Pierce."

Marilyn, Port St. Lucie

"My physician told me that he never seen such thorough mammograms as the ones done by Windsor Imaging"

Jeannette, Fort Pierce

"Windsor Imaging made me feel so comfortable during my mammograms. Their suites are so pretty, their staff is friendly, and they calmed my fears with their caring attitude and professionalism."

Theresa, Vero Beach

Seventy-seven percent of women with breast cancer are over 50.

Approximately 1900 cases of breast cancer were diagnosed in men in 2009.

More than 1.7 million women who have had breast cancer are still alive in the United States.

Breast cancer is the leading cause of cancer death in women between the ages of 15 and 54, and the second cause of cancer death in women 55 to 74.

Seventy-one percent of black women diagnosed with breast cancer experience a five-year survival rate, while eighty-six percent of white women experience five-year survival.

