

BREAST SELF-AWARENESS

When breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 100%. Many of the symptoms of breast cancer are invisible and not noticeable without a professional screening like a mammogram or ultrasound. There are other symptoms, however, that can be felt or observed when you are being proactive.

This guide will help you know what to look for and help you note important information to share with your healthcare provider to guide them in their professional evaluation of your breast health.

Breast self-awareness can help you become familiar with how your breasts normally look and feel and establish a baseline for you to compare each time you or a healthcare provider perform a breast exam, or you have a screening mammogram or ultrasound.

3 ASPECTS OF GOOD BREAST HEALTH AND CONFIDENCE

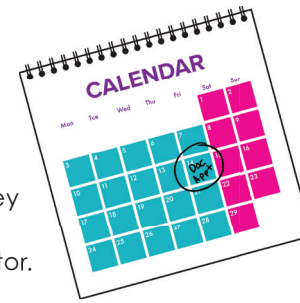
Yearly Well-Woman Exam: Visit a healthcare provider who performs a pelvic exam, pap smear and clinical breast exam to check for abnormalities. Discuss family history including all types of cancer. This will help your doctor or nurse practitioner determine the most appropriate frequency for your early detection screenings. See a video on well-woman exam tips and what to expect at <https://tinyurl.com/xnsu3way>.

Screening Mammogram: Screening mammogram frequency is based on your risk factors and family history. Women aged 40 and older should get an annual screening mammogram, an X-ray of the breast that is a safe way to detect cancerous tumors and other abnormal breast conditions. If you have a family history or are at higher risk (e.g. African-American), start at age 30. A mammogram can detect cancer and other problems before a lump becomes large enough to detect by touch and find early stage breast cancer when treatment is most successful.

Self-Exam: Knowing your breasts' look and feel baseline will help you identify any changes that should be reported to your health care professional immediately. If you find something unusual, schedule an appointment with your doctor, but don't panic – most lumps are not cancerous.

COMPLETE THIS CHECKLIST AFTER EACH BREAST EXAM

Write down any changes you see or feel. If you notice any changes, call a healthcare provider immediately to schedule an appointment. Let the appointment scheduler know your symptoms so they can prioritize your visit. Take this list and notes with you to your appointment and share it with the doctor.



I have felt or seen:	
Left Breast or Underarm Area	Right Breast or Underarm Area
<input type="radio"/> A lump or thickening in or near the breast, in the collarbone or underarm area.	<input type="radio"/> A lump or thickening in or near the breast, in the collarbone or underarm area.
<input type="radio"/> A change in the size or shape of the breast	<input type="radio"/> A change in the size or shape of the breast
<input type="radio"/> Skin dimpling or puckering	<input type="radio"/> Skin dimpling or puckering
<input type="radio"/> A nipple turned inward into the breast	<input type="radio"/> A nipple turned inward into the breast
<input type="radio"/> Discharge (fluid) from the nipple. Note the color.	<input type="radio"/> Discharge (fluid) from the nipple. Note the color.
<input type="radio"/> Scaly, red or darkened skin on the breast, nipple, or areola	<input type="radio"/> Scaly, red or darkened skin on the breast, nipple, or areola
<input type="radio"/> Rash, bumps or itching	<input type="radio"/> Rash, bumps or itching
<input type="radio"/> Tender or swollen breast	<input type="radio"/> Tender or swollen breast
<input type="radio"/> I first noticed the breast change:	<input type="radio"/> I first noticed the breast change:
<input type="radio"/> Since I first noticed, has it gotten worse or stayed the same?	<input type="radio"/> Since I first noticed, has it gotten worse or stayed the same?
<input type="radio"/> Nothing new or unusual	<input type="radio"/> Nothing new or unusual

Overall notes:

My last mammogram was on this date: _____
 My last mammogram was at this facility: _____
 My last menstrual period began on this date: _____
 I've had the following type(s) of cancer: _____
 I have a family history of these cancers (note which relative): _____

About Touch4Life : We are a 501 (c)(3) non-profit organization whose mission is to educate, empower, and engage women to take an active role in breast health for life.

TOUCH 4 LIFE



Early Detection Saves Lives

A How-To Guide For Breast Health, Self-Awareness and Self-Exams

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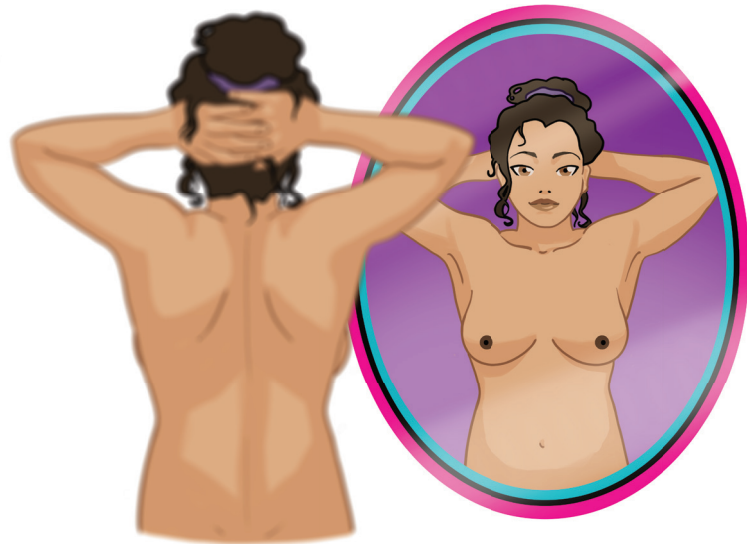
3 EASY STEPS TO PERFORM A BREAST SELF-EXAM

See a video demonstration at <https://tinyurl.com/r6wask74>

STEP 1: IN THE MIRROR

Visually inspect your breasts in the mirror with your arms at your sides.

Next, raise your arms high overhead and take a good look. Look for changes in the contour of your breasts, swelling, dimpling of the skin, rashes, "orange peel" texture, or changes in the nipples.

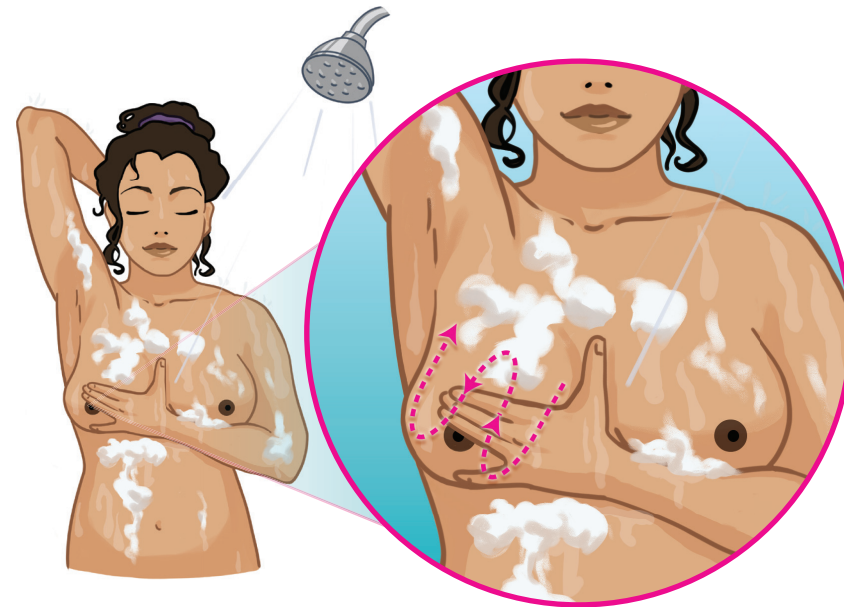


Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breast will not exactly match--few women's breasts do, so look for any dimpling, puckering, rashes, or changes, particularly that appear on one breast but not the other. Notice any scaly, red or darkened patches.

STEP 2: IN THE SHOWER

Consider taking a bath or shower. It may be easier to feel your breasts properly when your skin is wet. With the pads/flats of your 3 middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts to feel for any soft lump, thickening, hardened knot or any other breast changes. Left and right breast will not exactly match--few women's breasts do.

Make sure you cover the whole breast and armpit area--either go from top to bottom or side to side.



STEP 3: LYING DOWN

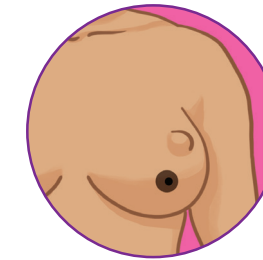
Keep your fingertips together and make small circular motions. As in the shower, make sure you cover the whole breast and armpit area and up to your collarbone--either go from top to bottom or side to side.



Use light, medium, and firm pressure each time you circle the breast. Squeeze each nipple; check for discharge and lumps. Feel for any soft lumps or hard knots.

BREAST CHANGES TO LOOK AND FEEL FOR

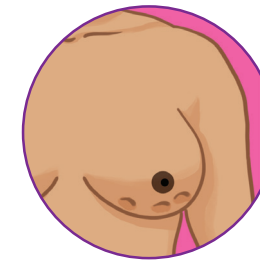
Below are examples of what to look and feel for when performing a breast self-exam. Aim to perform an exam around the same time each month. For menstruating women, a good trigger is when you put away your monthly period supplies. For perimenopausal and menopausal women pick a date that you remember and target that date each month (e.g. your birthdate) for a self-exam. If you forget a month, don't be hard on yourself; do it next time. See a video demonstration at <https://tinyurl.com/r6wask74>



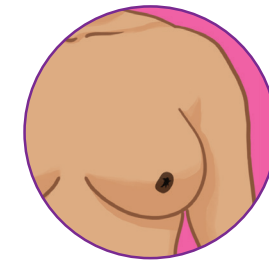
A lump or thickening in or near the breast, in the collarbone or in the underarm area



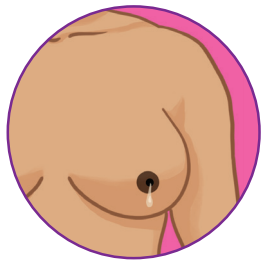
A change in the size or shape of the breast



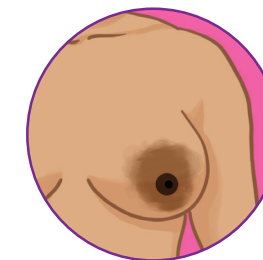
Dimpling or puckering in the skin of the breast



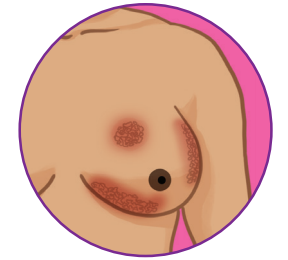
A nipple turned inward into the breast



Discharge (fluid) from the nipple



Scaly, red or darkened, or swollen skin on the breast, nipple, or areola (the dark area of skin at the center of the breast)



Rash, bumps or itching