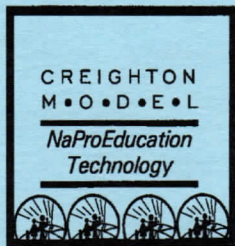


CHARTING INSTRUCTION

Chart your Breast Self-Examination (BSE) on your **CREIGHTON MODEL** chart to indicate when it was done each month. If you note anything unusual contact your doctor.

A baseline mammogram is recommended at age 35. Every other year after the age of 40 and every year after 50. Because of your own circumstances or history, your doctor may wish to modify the schedule.



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BR-61-05

Monthly Breast Self-Examination



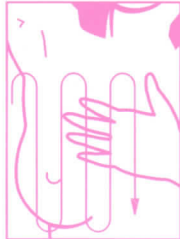
518-785-7373



Lying down or in the shower is a good place to examine your breasts. Begin by raising your arm behind your head. Feel for changes in your breast, above and below your collarbone, and in your armpit.



Using the pads of your fingers, press using light, medium and firm pressure in a circle without lifting your fingers off the skin. Follow an up and down pattern, checking for lumps or thickening. After a shower or bath, stand in front of a mirror and check your breasts. Look for any dimpling, swelling, or redness of the skin.



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Take Care of Yourself

Breast cancer can be detected early - and early detection improves the chances for successful treatment.

Discipline yourself to do a self-examination routinely!

The best time to examine your breasts is a few days after your period when your breasts are less apt to be tender or swollen.

Ages 20-39...

- Have a clinical breast exam by your health care provider at least every three years.
- Do a breast self-exam every month.

Age 40 and over...

- Have a mammogram every year.
- Have a clinical breast exam by your health care provider at least every year.
- Do a breast self-exam every month.



**PUNCH OUT
AND HANG
ON SHOWER
HEAD**

If you have
questions about
breast self-exam,
talk with your
healthcare
professional.

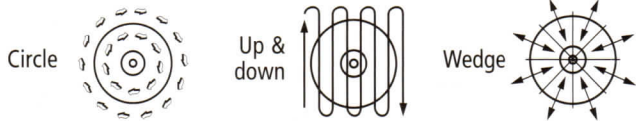
**CAPITAL
IMAGING**

518-785-7373

Women's "In The Shower" Guide To Breast Self-Exam

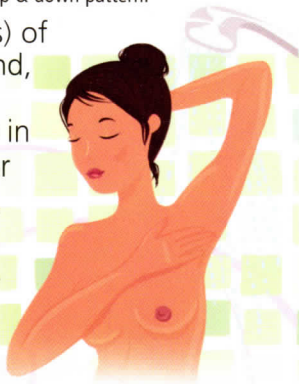
1. IN THE SHOWER

- Put left hand behind your head (see figure below).
- Choose one of the three patterns shown.*



* The American Cancer Society recommends the up & down pattern.

- With finger pads (not fingertips) of three middle fingers of right hand, apply three levels of pressure (light, then medium, then firm) in overlapping, dime-sized, circular motions to feel left breast area, including underarm.
- Check for lumps or thickenings.
- Repeat exam on right breast, using finger pads of left hand.



When you have completed your breast exam for the month, punch out the appropriate circle.



See Other Side For More Instructions

2. LYING DOWN

- Place your right hand behind your head.
- Using your left hand, follow the same technique as in shower.
- Check for lumps, knots, or thickenings.
- Repeat on other side, using your right hand to check left breast.

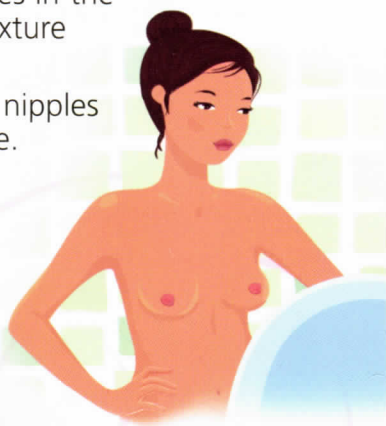


3. STANDING OR SITTING

- Examine each underarm with your arm only slightly raised.

4. BEFORE A MIRROR

- With your hands firmly pressing down on hips, check for changes in the shape, size, or skin texture of your breasts.
- Check for changes in nipples and unusual discharge.



**Report any changes
or irregularities to
your healthcare
professional
immediately.**