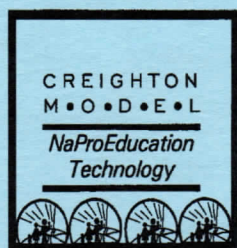


CHARTING INSTRUCTION

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.



©2004 (2012), Pope Paul VI Institute Press,
Omaha, Nebraska

Thomas W. Hilgers, MD
Catherine E. Keefe, MD
Kristina A. Pakiz, MD
Teresa Kenney, APRN
Cheryl Dorman, RN
Ann Thoms, RN, BSN
Sr. Renée Mirkes, PhD
Kelly Morrow, PhD

Pope Paul VI Institute

6901 Mercy Road | Omaha, NE 68106 | (402) 390-6600

www.popepaulvi.com

Monthly Breast Self-Examination



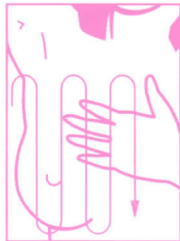
518-785-7373



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.



JAN FEB MAR APR MAY JUN
JUL AUG SEP OCT NOV DEC

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.

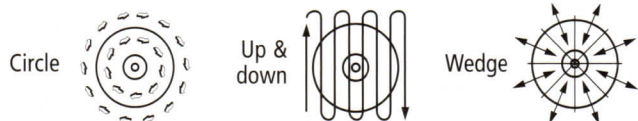
**CAPITAL
IMAGING**

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.

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

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.



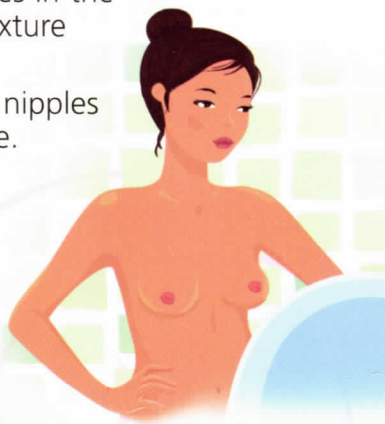
3. STANDING OR SITTING

- 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.**



Jan

Feb

Mar

Apr

May

Jun

Jul

PUNCH OUT AND HANG ON SHOWER HEAD

Prevent. Promote. Protect.



Montgomery County Health Department
(518) 853 3531

Talk with
your
healthcare
professional
about
breast-care
screenings.

Breast Self-Exam *for Her*

Aug

The American Cancer Society advises all women to be familiar with how their breasts normally look and feel. Talk with your healthcare professional about monthly breast self-exams.

Sep

IN THE SHOWER

Put left hand behind head. With finger pads of right hand, feel entire left breast and armpit area. Switch arms and repeat exam for right breast.

Oct

SYMPTOMS

Nov

When breast cancer symptoms do occur, they may include:

- Breast lump or mass that may or may not be painful
- Lump or swelling under arm or around collarbone
- Skin irritation, dimpling, or swelling of all or part of breast
- Breast or nipple pain, or nipple turning inward
- Redness, scaliness, or thickening of nipple or breast skin
- Breast warmth and itching
- Nipple discharge other than breast milk

Dec

Punch out circle after completing
your monthly self-exam.



If you find a lump, notice any changes, or have any of the above symptoms, see your healthcare professional immediately.

The American Cancer Society is available 24 hours a day for information and support. Call 1-800-ACS-2345 or visit www.cancer.org. All services are free.

**PUNCH OUT
AND HANG
ON SHOWER
HEAD**

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

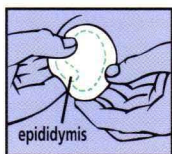
Testicular Self-Exam for Him

This simple, three-minute self-exam can detect one of the cancers most common among men ages 15 to 34. If detected early, testicular cancer is one of the most easily cured. Perform your self-exam monthly.

IN THE SHOWER

The best time for a self-exam is during or after a shower or bath. The heat causes the scrotum to relax, making the exam easier.

- Check one testicle at a time by rolling it gently between the thumbs and fingers of both hands.
- Look and feel for any hard lumps; smooth, rounded bumps; or any change in the size, shape, or consistency of your testicle.
- Note that the epididymis (a crescent-shaped cord) can feel like a small bump on the upper or middle outer side of the testicle. The vas deferens (the sperm-carrying tube that runs up from the epididymis) normally feels like a firm, movable, smooth tube.
- Repeat these steps for the other testicle.



SYMPTOMS

When testicular cancer symptoms do occur, they may include:

- Lump on testicle, epididymis, or vas deferens
- Enlargement of testicle
- Heavy sensation in groin area or testicles
- Dull ache in groin or abdomen area

If you find a lump, notice any changes, or have any of the above symptoms, see your healthcare professional immediately.