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## Early Detection and Screening

### Survival

- ☞ Know your own breast by doing at least monthly Breast Self-Exams.
- ☞ Have a Clinical Breast Examination every 2 – 3 years for women age 35-40, or earlier if you have any family history of breast cancer.
- ☞ Mammography screening every 1 – 2 years for women age 35 – 40, or earlier if you have any family history of breast cancer.
- ☞ A Breast ultrasound can also be done to determine if a breast lump is filled with fluid or if it is solid. Ultrasounds do not replace the need for mammograms; it is used as an additional tool to review abnormal results.
- ☞ A breast MRI is mainly used for women who have been diagnosed with breast cancer, to help measure the size of the cancer, look for other tumors in the breast, and to check for tumors in the opposite breast. For more information talk to your provider.
- ☞ Remember to
  - ✓ Limit alcohol consumption to 1 drink per day.
  - ✓ Maintain a healthy weight and diet
  - ✓ Limit red and processed meat.
  - ✓ Physical activity of at least 30 minutes a day.

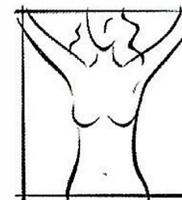
## Here are three simple Steps for Breast Self-Examinations:

### Step 1:

Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips, look straight, turn and look on each side, and bend forward. Do the same with your arms over your head, turn looking at both sides and bent forward.

- Look for breasts that are their usual size, shape, and color
- Look for breasts that are evenly shaped without visible distortion or swelling
- Look for any signs of fluid coming out of one or both nipples (could be watery, milky, yellow fluid, or blood)

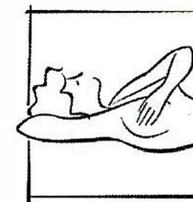
If you see any dimpling, puckering, bulging of the skin or a nipple that has changed position or inverted (pushed inward instead of sticking out), any redness, or soreness, rash or swelling, should be discuss with your primary care provider as soon as possible.



### Step 2:

Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Place your opposite arm under your head when you exam your breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter. Cover the entire breast from top to bottom, side to side — from your collarbone to the top of your abdomen, and from your armpit to your cleavage.

Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.



### Step 3:

Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 2.

