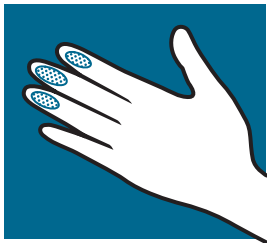
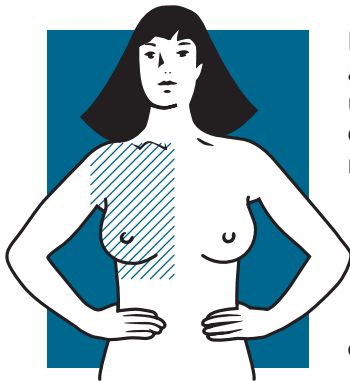


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M O N T H L Y Breast Exam



Use the pads of your three middle fingers to check the breasts. Use your left hand for the right breast; your right hand for the left breast.



Examine the entire area from your neck, under your arm, down across your rib cage and up the breastbone. Check for lumps, hard knots, swelling, dimpling or thickening. Look for changes in size, shape, color or discharge.

Choose one of three methods.



Circular motion around the breast



Vertical motion up and down the breast



Wedge from outer edge to center.



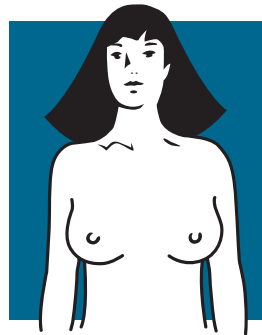
Saint Agnes Breast Center

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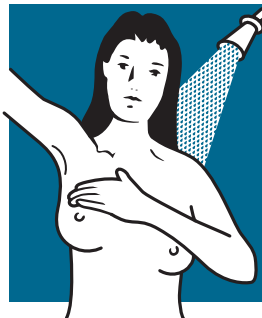
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It's easy



Before a mirror

With arms at your Sides, then raised Above your head Inspect both breasts. Place hands on your Hips, flex chest muscles And compare both Breasts again.



In the shower

Raise your right arm To examine the right Breast. Then raise your Left arm to examine The left breast. Gently Feel for abnormal Lumps or thickening.



On the bed

Lie down on your back. Place a pillow under Left shoulder and put Left hand behind head So the breast is flat. Examine the breast With your right hand. Repeat with right breast.

For more Information, call 450-2000. Consult your physician for concerns or specific questions.



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