

Breast Self-Examination Model

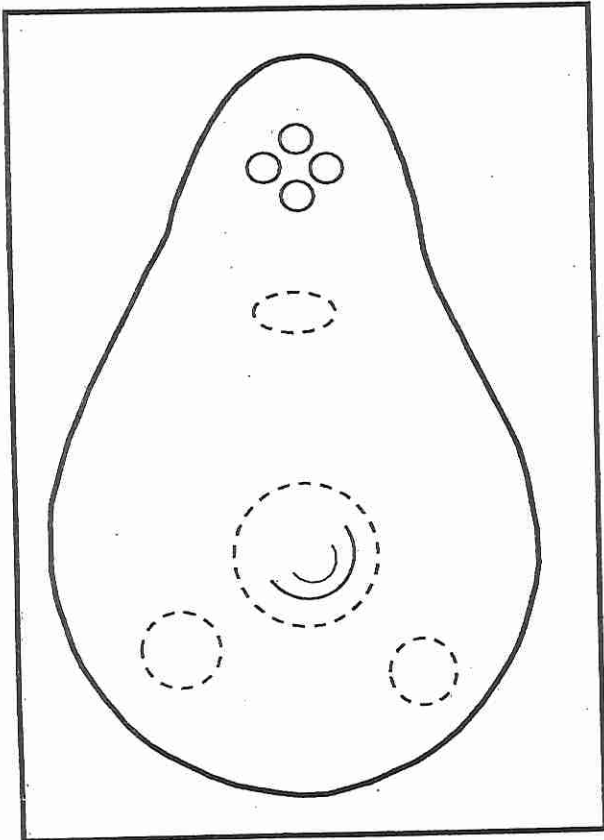
LUMP LOCATION KEY

The lumps in this model can be felt by practicing breast self-examination. However, it is important to remember that not all breast lumps are palpable—some tumors can only be detected through mammography.

It is not possible to tell the exact nature of any tumor strictly by touch. Although eight out of 10 biopsied breast lumps are not cancerous, any lump should be examined by a healthcare provider. With early detection—through monthly breast self-examination, mammography, and yearly clinical exams by a healthcare provider—your chances of surviving breast cancer increase dramatically. It is recommended that all women age 40 and older have a mammogram every year.

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DIRECTIONS FOR USE

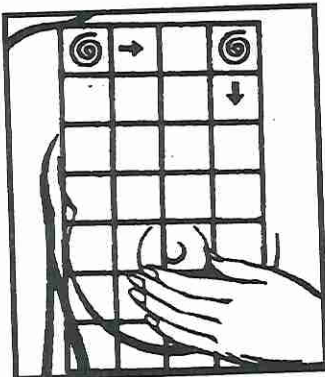
- Lightly powder the model before use to give it a smooth feel.
- Several lumps are embedded in the model. Examine the model while it is either lying on a flat surface or held over one of your own breasts. You may practice using one of the self-examination techniques shown to the left.
- Compare your results with the lump location key on the other side of this card.

DIRECTIONS FOR CARE

This model is made from BIOLIKE™ synthetic tissue and should be washed frequently with soap and water, patted dry, and dusted lightly with talcum powder before use. The model is delicate and should be handled carefully. Do not puncture it with fingernails or other sharp objects. Keep the model in its case when not in use. Do not lay the model against printed papers or markers because they may stain it. Do not leave the model on a vinyl surface or varnished wood.

Grid Method

Using the flat surface of the three middle fingers, examine the breast using a grid pattern, from the collarbone to the bra line and from the armpit to the breastbone. Use superficial and then deep pressure.



Circular Method

Using the flat surface of your three middle fingers, examine the breast in a circular pattern. Starting at the outside top edge of the breast and circling in toward the nipple, press the breast with small circular motions. Use superficial and then deep pressure.

