

Product: MG19432 BREAST EXAM

Product Size (H x W): 6" x 3.5"

Imprint Area: 0.93" x 3.25"

- Blue Dashed Lines indicate the bleed allowance.
- Orange Solid Lines indicate the die cut area.
- - - Yellow Dashed Lines indicate maximum imprint area for graphics and text that does not bleed.

2 STEP BREAST SELF-EXAM



Step One: Lying Down

Just as your period ends, check for any change in the normal look or feel of your breasts. Feel for a hard lump, thickening or any change in your breast tissue.

- Lie down on your back with a pillow under your right shoulder.
- Use the pads of the three middle fingers on your left hand to examine your right breast.
- Press using light, medium and firm pressure in a circular motion.
- Follow an up and down pattern.
- Feel for changes in your breast, above and below your collarbone and in your armpit area.
- Repeat on your left breast using your right hand.

These steps may be repeated while bathing or showering using soapy hands.

Step Two: In Front of the Mirror

Look for changes in the shape, size or appearance of your breasts. Look for dimpling, rash or puckering of the skin or nipple, nipple discharge or any change from normal. Inspect your breasts in four steps:

- Hold arms at your sides.
- Hold arms over your head.
- Press your hands on your hips to tighten your chest muscles.
- Bend forward with your hands on your hips.

