



# ST. JOSEPH HOSPITAL BREAST CARE CENTER

Schedule your Mammogram 603.595.5700

## Three Steps For Complete Breast Care

### The Breast Care Center at St. Joseph Hospital

*Where Care and Compassion Come Together*

Early detection is your best protection against breast cancer. Protect yourself by following these age guidelines established by the American Cancer Society:

- ✓ **Breast Self Examination (BSE)**
  - Monthly after age 20
- ✓ **Mammography**
  - Baseline between ages 35 and 40
  - At one to two year intervals between ages 40 and 49
  - Every year after age 50
- ✓ **Clinical Breast Exams**
  - Every three years between ages 20 and 40
  - Every year after age 50

#### Here is one way to do Breast Self Exam (BSE):

1. Stand before a mirror. Inspect both breasts for anything unusual such as any discharge from nipples or puckering, dimpling, or scaling of the skin.



The next two steps are designed to emphasize any change in the shape or contour of your breasts. As you do these steps, you should be able to feel your chest muscles tighten.

2. Watching closely in the mirror, clasp your hands behind your head and press your hands forward.



3. Next, press your hands firmly on your hips and bow slightly toward your mirror as you pull your shoulders and elbows forward.



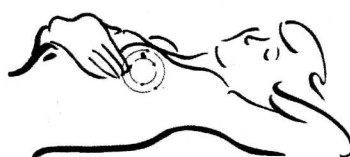
Some women do the next part of the exam in the shower because fingers glide over soapy skin, making it easy to concentrate on the texture underneath.

4. Raise your left arm. Use three or four fingers of your right hand to explore your left breast firmly, carefully, and thoroughly. Beginning at the outer edge, press the flat part of your fingers in small circles, moving the circles slowly around the breast. Gradually work toward the nipple. Be sure to cover the entire breast. Pay special attention to the area between the breast and the underarm, including the underarm itself. Feel for any unusual lump or mass under the skin.
5. Check your nipple for any discharge. Always let your doctor know if you have any discharge from your nipples.



Repeat steps 4 and 5 on your right breast.

6. Steps 4 and 5 should be repeated lying down. Lie flat on your back with your left arm over your head and a pillow or folded towel under your left shoulder. This position flattens the breast and makes it easier to examine. Use the same circular motion described earlier. Repeat exam on your right breast.



#### Use This Chart to Record Your Early Detection Efforts

*Use All Three Means of Early Detection*

##### ✓ Breast Self Examination

January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	

##### ✓ Mammography

When I had my mammogram (Month/Year)	When to have my next mammogram (Month/Year)
_____	_____

##### ✓ Clinical Breast Exam

When I had my breast exam (Month/Year)	When to have my next breast exam (Month/Year)
_____	_____

If you would like more information about **Breast Self Exam**, or if you would like to attend one of our free classes please call The Breast Care Center at 595-5700.  
Monday—Wednesday, 7 a.m. to 7 p.m.  
Thursday and Friday, 7 a.m. to 5 p.m.