



go green with our
pink
reusable bag



Throughout October, 5¢ from the sale of each reusable pink bag will be given to local breast cancer awareness, research and education organizations (up to \$3,775)

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How to perform a breast self exam

Breast self awareness, mammograms and clinical breast exams are important in detecting breast cancer early. Yearly mammograms are recommended for women 40 and older. Clinical breast exams should be a part of regular health check-ups.



1. Lie down and place your right arm behind your head.
2. Use the finger pads of the three middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime sized circular motions to feel the breast tissue.
3. Use three different levels of pressure (firm, medium, light) to feel all the breast tissue.
4. Move around the breast in an up and down pattern starting at a line drawn down from the underarm and moving across the breast to the middle of the chest bone.
5. Repeat the exam on your left breast, using the finger pads of your right hand.
6. Standing in front of a mirror, press firmly down on your hips and look at your breasts for changes of size, shape, contour, dimpling.

