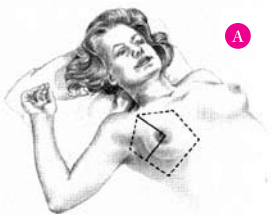


USING THE MAMMACARE® METHOD to Examine Your Breasts

Area to be Examined –

The breast area extends beyond the breast mound.

It covers a large portion of the chest wall. Fifty percent of cancers occur in the upper, outer quadrant of the breast, and eighteen percent occur under the nipple. Examine these areas carefully.



Finger Positions –

Use the flat pads of your three middle fingers, from the first joint down to the tips. Place flat pads of fingers in a bowing position on the breast tissue.

Flat Pads



Bowing Position



Pressures –

Three levels of pressure will be used when examining each spot on your breast:

Light – barely moves the top layer of skin

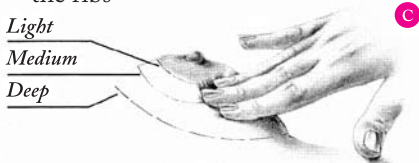
Medium – goes halfway through the thickness of the breast

Deep – goes to the base of the breast next to the ribs

Light

Medium

Deep

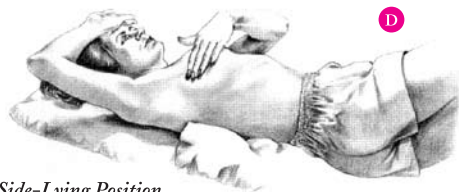


Do not lift your hand or release the pressure from your breast as you make these three circles.

Using the three levels of pressure allows you to carefully examine the full thickness of the breast and not displace small lumps into fibrous tissues or into your rib area. Pressures do not injure your breast tissue.

[STEP ONE] Side-Lying Position

- Lie down on the bed, roll onto your left side to examine your right breast (D).
- Pull your knees up slightly, rotate your right shoulder to the flat of the bed.
- Place your right hand, palm up, on your forehead. Your nipple should point directly toward the ceiling. Use your left hand to examine your right breast. You may place a small pillow under the arch of the back to increase comfort.

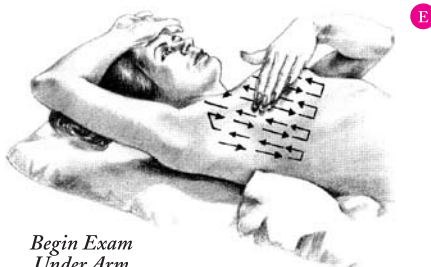


Side-Lying Position

This position allows you to examine the outer half of the breast by spreading out the tissue. Fifty percent of all cancers occur in the area of the breast which extends from the nipple to underneath the arm. The side-lying position prevents breast tissue from falling into the underarm area.

[STEP TWO] Side-Lying Exam

- Using the flat pads of your three middle fingers in the bowing position (B), begin your exam under the arm. Make dime-sized circles using the three levels of pressure in each spot (C), following the up and down pattern of search (E). Do not release the pressure as you spiral downward. Ten to sixteen vertical strips will be needed. Continue the pattern of search until you reach your nipple.



Begin Exam
Under Arm

[STEP THREE] *Back-Lying Exam*

- When you reach your nipple, roll onto your back; remove your hand from your forehead and places this arm alongside your body on the bed (F).
- Continue the exam of the nipple using the same pressures (C). Do not squeeze the nipple.

Report any discharge from your nipple not associated with the onset of a menstrual period, hormonal medications, sexual stimulation or excessive manipulation of the breasts. A bloody discharge or a discharge from only one breast needs to be reported promptly.

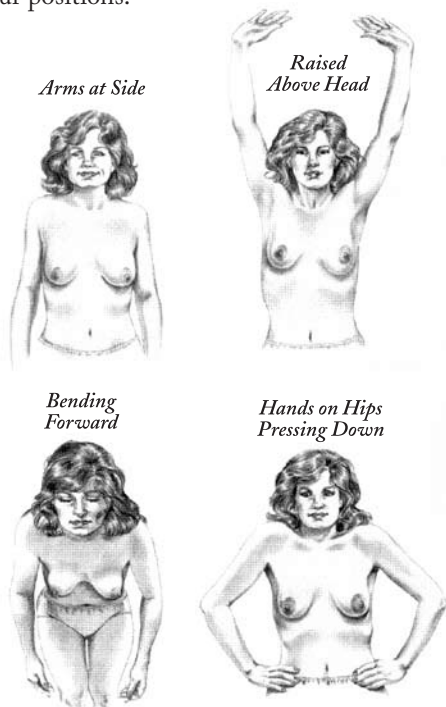
- Examine the remaining breast tissue with the same pressures and pattern of search until you reach the breastbone.

Repeat steps 1-3, examining the opposite breast.



[STEP FIVE] *Visual Exam*

A visual inspection of your breasts is important. Some cancers do not form a hard lump. The first indication of cancer may be one you can see and not feel. Looking into a mirror, closely examine your breasts in these four positions:



[STEP FOUR] *Lymph Node Exam*

- Make a row of circles above and below your collarbone on each side (G).
- While standing, check the depressed area near your neck by rolling your shoulders upward and turning your face toward the side you are examining. With the opposite hand, place your fingers in the formed depression and check carefully.
- Feel under each arm for axillary lymph node enlargement.

Lymph nodes are soft to hard, pea-like areas in the lymphatic system. They may become enlarged from cancer or infection. Enlarged lymph nodes do not always indicate cancer, but you should report any lymph node enlargement to your healthcare provider.



In each position turn from side-to-side and look at your breasts for changes in the following:

- **Shape** of the breast, nipple and areola. Compare one breast to the other. One breast may normally be larger than the other, but sudden changes in size should not occur.
- **Skin** for any rash, redness, orange-peel skin, dimpling (pulling in), bulging out, moles or any type of sore.
- **Nipples** for any crusty material caused by discharge, rash around the nipple or inversion (pulling in).
- **Vein Patterns** on the chest for a noticeable increase in size or number of veins compared to other breast.