Breast Self Awareness (BSA)*

1. Know Your Risk
   - Talk to your family to learn about your family health history
   - Talk to your doctor about your personal risk of breast cancer

2. Get Screened
   - Ask your doctor which screening tests are right for you if you are at higher risk
   - Have a mammogram every year starting at age 40 if you are at average risk
   - Have a clinical breast exam at least every 3 years starting at 20 and every year starting at 40

3. Know what is normal for you
   See your health care provider right away if you notice any of these breast changes:
   - Lump, hard knot or thickening
   - Swelling, warmth, redness or darkening
   - Change in the size or shape of the breast
   - Dimpling or puckering of the skin
   - Itchy, scaly sore or rash on the nipple
   - Pulling in of your nipple or other parts
   - Nipple discharge that starts suddenly
   - New pain in one spot that does not go away

4. Make healthy lifestyle choices
   - Maintain a healthy weight
   - Add exercise into your routine
   - Limit alcohol intake

Steps to Breast Self-Examination (BSE)

BSE is a tool that may help you learn what is normal for you. BSE includes looking at and feeling your breasts.

If you notice any changes in your breasts, see your health care provider right away.

**Step 1: Look for changes**
*In front of the mirror:*
   - Hold your arms at your side
   - Hold your arms over your head
   - Press your hands on your hips and tighten your chest muscles
   - Bend forward with your hands on your hips

**Step 2: Feel for Changes**
*Lying down:*
   - 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 check your right breast
   - Press using light, medium and firm pressure in a circle without lifting your fingers off the skin
   - Follow an up and down pattern
   - Feel for changes in your breast, above and below your collarbone and in your armpit
   - Repeat in your left breast using your right hand

*Step 2 can be repeated while bathing or showering using soapy hands.*

- Elmwood OB/GYN
- Kensington OB/GYN
- Lancaster OB/GYN
- Lockport OB/GYN
- McKinley OB/GYN
- North Tonawanda OB/GYN

For More Information please call - 859-2229 / Comprehensive OB/GYN care for women of all ages

* www.komen.org