

Artist use only: Do not delete the following information!

This item is NOT available with solid/unusual bleeds.

Art must remain 3/32" inside the brown line.

This item includes STOCK graphics.



MAMMOGRAMS
SAVE LIVES



BREAST *Self-Exam*



In the shower...

Raise one arm. With fingers flat, touch every part of each breast, gently feeling for a lump or thickening. Use your right hand to examine your left breast, your left hand for your right breast.

The best time to do a breast self-exam is about a week after your period ends since at other times during your cycle your breasts may be more tender and lumpy (from the effects of hormones in your blood).

If your periods are irregular, do a breast self-exam on the same day of each month.

It is important to get in the habit of doing it each and every month.

"The self-exam is not a substitute for periodic examinations by a qualified physician."