

Because we care, we recommend

Monthly Breast Self-Exams

In the Shower:

- 1) Examine your breast regularly, approximately one week after your period.
- 2) Raise your right arm. Use your left hand to examine your right breast. With the pads of your fingers, press firmly in a methodical fashion to check the entire breast, including your armpit. Soapy fingers will allow your hand to glide easily across the skin.
- 3) Check your left breast with your right hand in the same fashion.



In front of the mirror:

Look at your breasts for any changes in size, shape or contour. Check your breasts with your arms raised over your head and with your arms at your side.

Most lumps are NOT cancer, but you don't know if it's not evaluated. If you find any breast changes, lumps or thickening; tell your doctor immediately.

Guidelines for Screening Mammography*

If you are age 20–39:

- Examine your breasts once a month.
- Obtain a clinical breast exam by your physician at least every three years.

If you are age 40 and over:

- Have a mammogram every year.
- Examine your breasts once a month.
- Obtain a clinical breast exam by your physician every year.

If you have a family history of breast cancer, speak to your health care provider regarding appropriate mammography screening guidelines.

* According to guidelines from the American Cancer Society.

**To schedule your routine annual mammogram
at any of the NorthShore University HealthSystem
Hospitals or clinics,**

Call (888) 364-6400

This card provided by a generous donation from
the Felicia Beth Nekritz Memorial Fund in memory of Felicia Beth Nekritz.