

Monthly Breast Self Exam: *Use the 5 P's*

Palpation: Use the pads (flat) of your middle three fingers. Make three small dime-size circles at each spot.



Pressures: Use light, medium and deep pressures at each spot.



Light

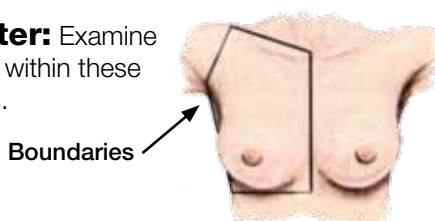
Medium

Deep



Pattern: Use three fingers and follow arrow pattern.

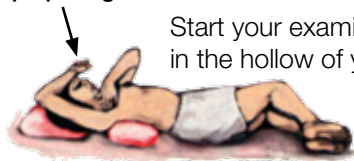
Perimeter: Examine all the area within these boundaries.



Boundaries

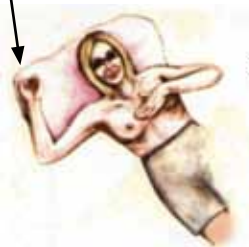
Positions:

Nonpalpating hand



Start your examination deep in the hollow of your armpit.

Nonpalpating hand



Thoroughly examine your nipples using the same technique that you use to examine the rest of your breast tissue.



Be sure to examine above and below both collarbones.

Nonpalpating hand

© The Mammatech Corporation 2010, 2011

3 Convenient Locations:

Jane Phillips Medical Center
Diagnostic Imaging Department,
2nd Floor
3500 SE Frank Phillips Blvd.
Bartlesville, OK 74006

JP Imaging Services
2661 SE Washington Blvd.
Bartlesville, OK 74006

Medical Park Center
Diagnostic Imaging Department,
1st Floor
3400 SE Frank Phillips Blvd.
Bartlesville, OK 74006

918/331-3020 • www.jpmmc.org

Let's fight breast cancer, starting with you.



BREAST SCREENING

Mammography Services
918/331-3020
www.jpmmc.org



What do I look for?

Don't think of a breast self-exam as a hunt to find cancer, but to understand the normal landscape of your breasts. This involves both looking and feeling.

Look in the mirror with your arms up, then again with your hands on your hips. Stand to the side and then face forward. Check for any changes that look like these signs below. →

What does a cancerous lump feel like?

A cancerous lump often feels hard and immovable, like a lemon seed. 80% of lumps are not cancerous, but the only way to know for sure is to examine the cells in a lab. If you feel a lump ask a doctor to investigate it with you. When breast cancer is caught at early stages the cure rate is over 90%!

When should I do it?

From the age of twenty onwards, self-exams are a casual way to understand what is normal for you between scheduled exams. Usually examining once a season is enough.

The best time to check your breasts is a few days after your period ends when hormones are the most normal and you're least tender and lumpy (which is also an ideal time to schedule a clinical exam and mammogram).

No period? That's okay pick any day you like.

A dozen signs of breast cancer, revealed.

Clinical Breast Exams

begin at age 20 with your doctor every 3 years until you are 40, then likely every year. Higher risk patients may visit more often, ask your doctor about your risk type—create a plan together.



Mammograms

usually begin after you're 40. It feels like getting your blood pressure taken. Form a screening plan with your doctor to suit your risk type. If you're too young for a mammogram and suspect something, ask about an ultrasound or biopsy, don't wait it out.

Want to calculate your risk? www.Lemonland.org