



How to Perform a Breast Self-Examination (BSE)

Start by checking your breasts in front of a mirror:

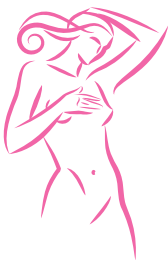
1. With your hands firmly pressing down your hips, check for changes in your breast's shape, size, contour, and skin texture.
2. Slowly raise your arms overhead and note if the breasts move up symmetrically.
3. With your arms overhead, check again for: skin discoloration or dimpling; swelling or redness of the skin; sores or skin scaling in and around the areola; nipple retraction, unusual discharge or puckering.

Continue in the shower:

1. Put one hand behind your head.
2. Use the right hand to check the left breast and the left hand to check the right breast.
3. Use the finger pads of your three middle fingers to examine your breast by using one of the three patterns below. Make sure you cover the entire breast area systematically. Be sure to examine the underarm area and under the nipple as well.
4. Check for lumps, knots or thickenings. Any unusual change should be reported to your physician.

Finish lying down:

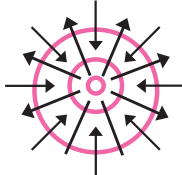
1. Place a pillow or a towel under your right shoulder and your right hand behind your head.
2. Using your left hand, follow the same technique as in the shower. Then lower your right arm slightly and with your left hand, check your right underarm.
3. Check for lumps, knots or thickenings.
4. Repeat on the other side, using your right hand to check left breast and underarm.



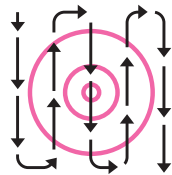
Circle



Wedge



Up & Down

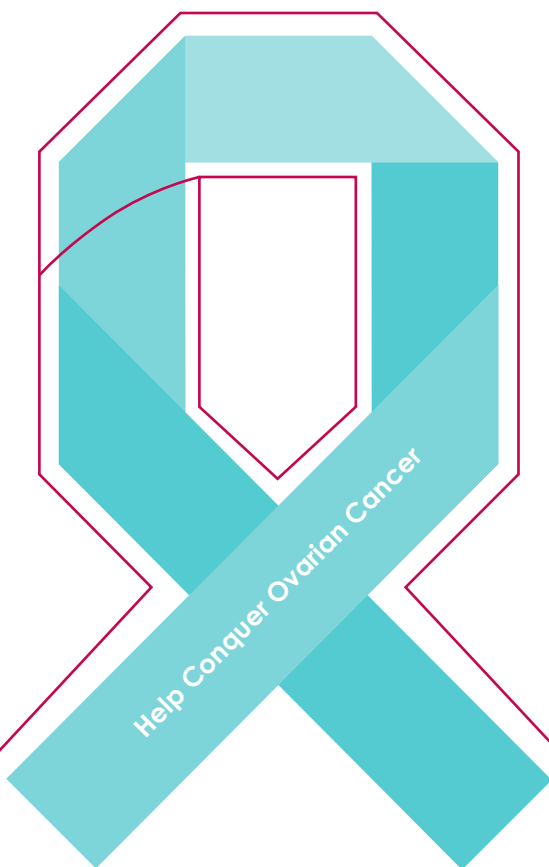


- We recommend that women begin performing a BSE at age 20.
- BSE is not intended to replace medical care.
- Report any changes, irregularities or breast health concerns to your physician immediately.

Contact Us:

Call to schedule your screening mammogram, or learn more by visiting [BSWHealth.com/BreastImaging](https://www.bswhealth.com/BreastImaging).





Ovarian Cancer – the One that Whispers

The American Cancer Society estimates 21,000 women will be diagnosed with ovarian cancer this year. Although the disease typically affects women over the age of 50, it can also affect younger women as well.

Risk factors:

Women who have other family members with breast and/or ovarian cancer are at an increased risk. Between five and 10 percent of women with ovarian cancer have a genetic predisposition to gynecological cancers.

Symptoms:

Many symptoms of ovarian cancer are often mistaken for other problems. This is why ovarian cancer is called the cancer that whispers; many of the symptoms may be vague or subtle but important. It is imperative for you to listen to the whispers of your body, and consult with a physician if things don't seem quite right. Some symptoms of ovarian cancer include:

- Abdominal/lower back/pelvic pain
- Bloating
- Constipation
- Early satiety, feeling full quickly from a meal
- Increased abdominal girth
- Pain during intercourse
- Urinary frequency
- Fatigue

Breast Self Examination (BSE) *Continued from other side*

- We recommend that women begin performing a BSE at age 20.
- BSE is not intended to replace medical care.
- Report any changes, irregularities or breast health concerns to your physician immediately.

Contact Us:

- For questions on how to perform a BSE or other breast issue, please talk to your doctor.
- To schedule your mammogram, visit us online at [BSWHealth.com/BreastImaging](https://www.bswhealth.com/BreastImaging).
- For a physician referral or to learn more about ovarian cancer, please call [844.BSW.DOCS](tel:844.BSW.DOCS) or visit [BSWHealth.com/OvarianCancer](https://www.bswhealth.com/OvarianCancer).

