

[In our attempt to be clear about the focus of this brochure, it is necessary to address certain parts of the body, such as the breast. We understand the cultural "taboo" and the proper use of such terminology. We are therefore asking permission from you, the readers to use these terms. Thank you.]

Why do a Breast Self Examination (BSE)?

BSE can be a useful tool in screening for breast cancer for women age 20 and older. When you know how your breasts normally feel and look you will be able to feel and see any changes. If you notice any changes, see a doctor as soon as possible.

When to do Breast Self Examination?

Examine your breasts once a month after your period, when they are least tender. If you no longer have periods, pick a day each month that will remind you to do BSE.

Remember, most breast changes are NOT cancer but DO follow-up to be sure!

What are the breast cancer early detection and screenings?

Breast Self Examination

Age 20 and older.....Once a month

Clinical Breast Examination (by a doctor)

Age 20 – 40 Every 3 years

Age 40 and older Yearly

Mammogram

Age 40 and older Yearly



For more information, go to www.apiahf.org
450 Sutter Street, Suite 600
San Francisco, CA 94108
(415) 954-9988



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For copies, contact Taulama for Tongans at
(650) 286-1500 Tel.
(650) 286-0800 Fax

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**Life is a gift
Take good care of it
Get a mammogram**

Performing breast self examination (BSE) every month could potentially save your life



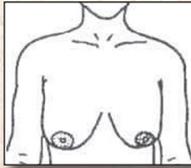
Breast Self-Examination

1 Positions

(Stand & Lie Down)

STAND to look at your breasts:

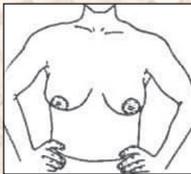
Standing in front of a mirror, in each of 3 positions: Look for changes in size and shape of the breasts, color and texture of the nipples and skin and direction your nipples point, such as lumps, swelling, redness or darkening, rash or pain.



1) Relax arms at your side



2) Raise arms over your head



3) Place your hands on your hips, tighten your chest muscles and bend forward.



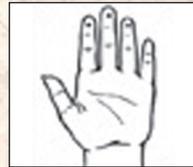
LIE DOWN to feel your breasts:

Lie down on your back and place your hand behind your head. The breast tissue spreads evenly when lying down. Use your left hand to palpate the right breast and your right hand to palpate the left.

2 Palpation with Pads of Fingers

(How to Feel)

Use the pads of your three middle fingers together, to examine every inch of your breast tissue. Move your fingers in dime-sized circles using 3 levels of pressure. Do palpations without lifting fingers from the breast area.

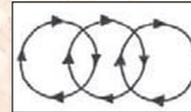


3 Pressure

(How Deep to Feel)

Use three levels of pressure for each palpation, from light, medium and firm, to examine the full

thickness of your breast tissue. You need to feel all the way through the tissue to your ribs.



4 Pattern of Search



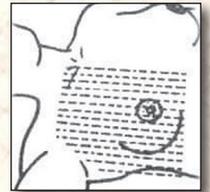
Use an up and down pattern when examining the perimeter of your breast tissue. Start in the armpit and move down to the bra line. Move a finger pad width over and go all the way up to the collarbone. Move

a finger pad width over and go back down to the bra line. Go slowly to cover every inch of the breast tissue.

5 Perimeter

(Where to Feel)

The area to be examined is starting in your armpit down the imaginary seam of your blouse, across your bra line, up your breast bone, across your collarbone and back to your armpit.



6 Practice with Feedback

Have your doctor show you how to do BSE. Then ask them to watch you do the exam to see that you are doing it right.

7 Plan of Action

You should have a personal breast health plan:

Perform BSE monthly, if you choose to do so.

Schedule your clinical breast exam and mammogram as appropriate for your age.

Report any breast changes to your doctor or nurse.

