## Best Chance Network Says: Take Charge Of Your Life!

**Yearly**

Have a breast exam done by a doctor or nurse.
Have a mammogram if you are 40 or older.

**Monthly**

Do breast self-exams. If you do not know how to check your breasts, ask your doctor or nurse to teach you.

**Right Away**

If you find a lump, skin change, or any other breast changes or unusual discharge from your nipple(s), see a doctor or nurse.

**If you are 47 - 64 years old, call the American Cancer Society at 1-800-227-2345 and ask about eligibility for the Best Chance Network.**

AMERICAN CANCER SOCIETY®

Best Chance Network

**TAKE CARE OF YOURSELF!**
**YOU ARE WORTH IT.**

D H E C
PROMOTE PROTECT PROSPER
South Carolina Department of Health and Environmental Control

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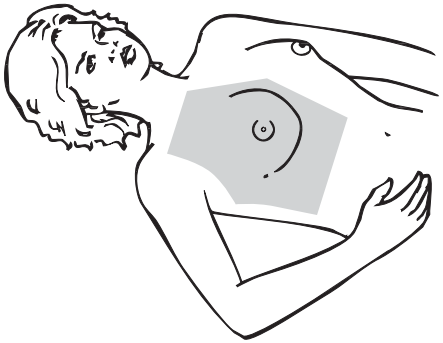
# *Take Care of Your Breasts*

## 1. Check your breasts once a month

Every woman should check her breasts once a month. You can find a lump that could be cancer by feeling your own breasts. This is called a breast self-examination. Ask your doctor or nurse to teach you how to check your breasts.

The breast should be checked standing up and lying down. One way is to lie down with a folded towel or pillow under your right back. Place your right hand behind your head. Use pads of the three middle fingers of your left hand and move around each breast in a circle or up and down (as in the picture). Check the left breast the same way.
**Check all of the area in the picture below.**



**If you find a lump, see a doctor or nurse right away.**
Most breast lumps are not cancer, but you should always see a doctor or nurse if you find a lump in your breast.

**Breast cancer can be treated with the most success when it is found early.**

## 2. Have your doctor or nurse check your breasts once a year

The doctor or nurse will look for changes in the size or shape of your breasts and will feel your breasts, chest and armpits for any lumps. This will help you learn how to check your own breasts for any changes.

## 3. Get a mammogram if you are over 40

A mammogram is an x-ray of the breast that can find breast cancers when they are too small for you, your doctor or your nurse to feel.

If you are age 40 or over, the American Cancer Society recommends that you get a mammogram every year. Ask your doctor or nurse how often you should have a mammogram.