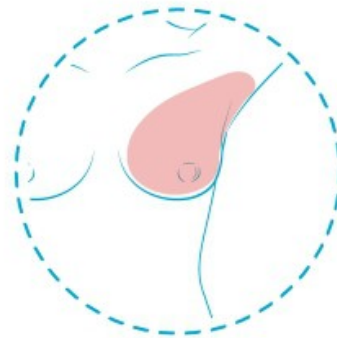


# BREAST SELF EXAMINATION



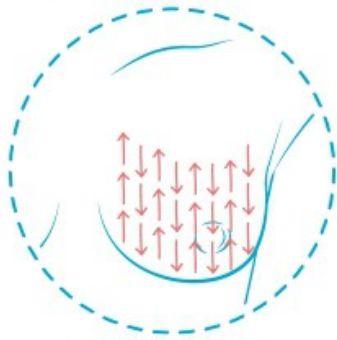
ONCE A MONTH,  
2-3 DAYS AFTER PERIODS



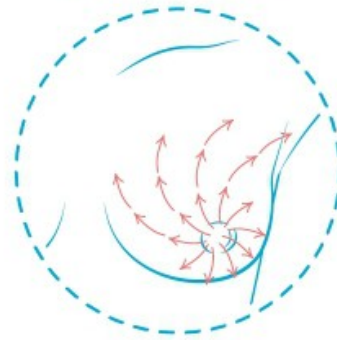
EXAMINE BREAST AND ARMPIT  
WITH RAISED ARM



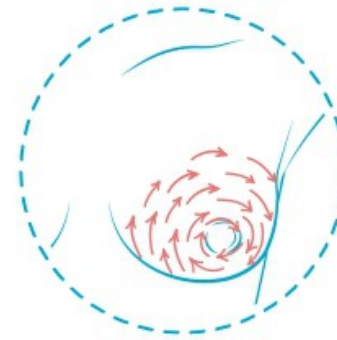
USE FINGERPADS WITH  
MASSAGE OIL OR SHOWER GEL



UP AND DOWN



WEDGES



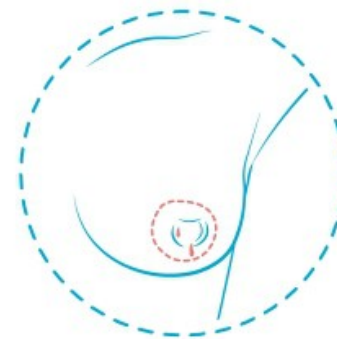
CIRCLES



EXAMINE BREASTS IN THE MIRROR  
FOR LUMPS OR SKIN DIMPLING...



...CHANGE IN SKIN COLOR  
OR TEXTURE...



...NIPPLE DEFORMATION,  
COLOR CHANGE OR LEAKS OF ANY FLUID

# WHAT YOU CAN DO ABOUT BREAST CANCER

**Prevention:** take care of yourself, know the risks and what increases your chances of breast cancer, and do what you can to minimize them!

**Get to know your breasts:** do regular breast self exams so you will recognize when something is unusual. Listen to your body, and pay attention to any changes!

**Think about your family history:** is there cancer in it? If so, consider genetic testing.

**Start preventative screening as soon as you're able:** finding breast cancer early makes it more likely that it can be treated successfully.

**Advocate for yourself:** research, ask for second opinions, ask for experience of others!

**Sweat the small stuff less, live more!**

***\*\*AND: Share this info with friends and family!\*\****

# BREAST CANCER RESOURCES

How to do a breast self-exam: <http://bit.ly/LLFSexam>

Think Pink, Live Green: A Step-By-Step Guide to Reducing Your Risk of Breast Cancer:  
<http://bit.ly/PinkGreenReduceBC>

Environmental Working Group's Skin Deep: <https://www.ewg.org/skindeep/>

Statistics: [https://www.breastcancer.org/symptoms/understand\\_bc/statistics](https://www.breastcancer.org/symptoms/understand_bc/statistics)

Risks: <https://www.breastcancer.org/risk/factors>

Treatments: <https://www.breastcancer.org/treatment>

Breast cancer discussion forums: <https://community.breastcancer.org/>

Color genetic testing: <https://www.color.com/product/overview>

Metavivor: <https://www.metavivor.org/>

Facing Hereditary Cancer Empowered: <https://www.facingourrisk.org/>

Living LFS (Li-Fraumeni Syndrome): <https://livinglfs.org/>

Questions? Email Andi Last: [andi@livinglfs.org](mailto:andi@livinglfs.org)