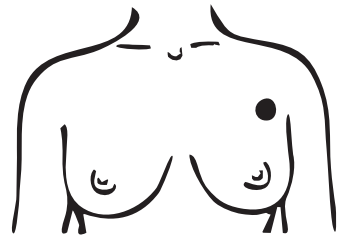
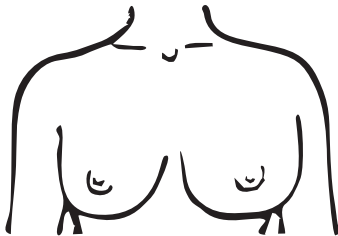


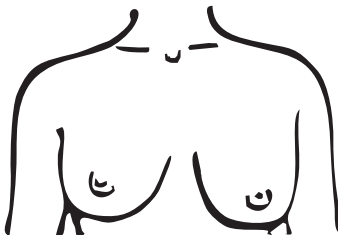
Early detection is the key to the successful treatment of breast cancer, and therefore, of survival. While the following warning signs may be indicators of breast cancer, they are not all inclusive. Unfortunately, some women ignore the early warning signs, hoping their symptoms will go away or fearing they will die from breast cancer. **If you have any of these symptoms, contact your healthcare provider immediately. Do not make a diagnosis yourself.**



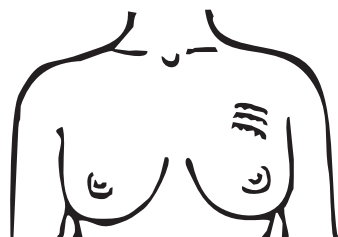
A lump in the breast.



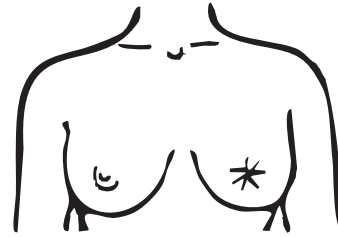
An unusual increase in the size of one breast.



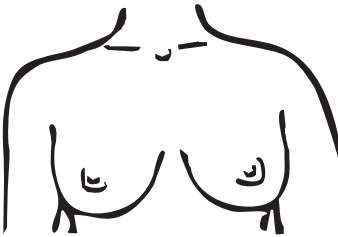
A change in the shape of a breast.



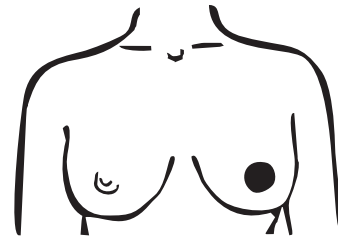
A puckering of the skin of the breast.



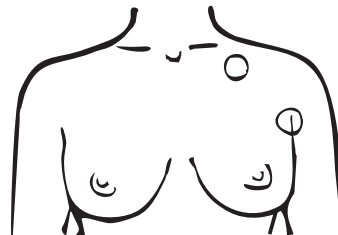
A new dimpling of the nipple.



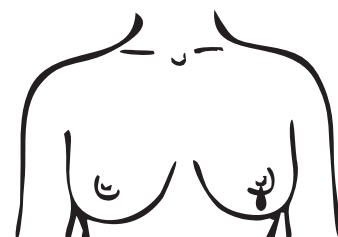
An unusual swelling of the upper arm.



A change in the skin of the nipple.



An enlargement of the lymph nodes.



Any unusual discharge from the nipple.

KAW NATION WOMEN'S HEALTH PROGRAM



Breast self-exam

Look for changes
Feel for changes
Know the signs

Contact your clinic to schedule an appointment with Kaw Nation Women's Health Program

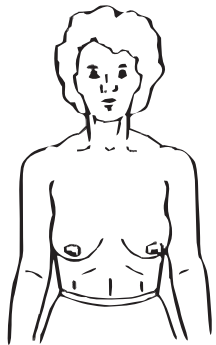
Kanza 580-362-1039

White Eagle 580-765-2501 Pawnee 918-762-2517
Pawhuska 918-287-4491 Perkins 405-547-2473

Sponsored by
U.S. Department of Health and Human Services
Division of Cancer Prevention and Control
4470 Buford Highway NE
Atlanta, GA 30341-3717

Look for changes. Feel for changes.

Hands at your side



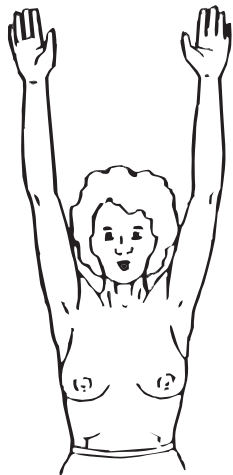
Look for changes in...

- ⌘ shape
- ⌘ color

Check for...

- ⌘ puckering
- ⌘ dimpling
- ⌘ skin changes
- ⌘ nipple discharge

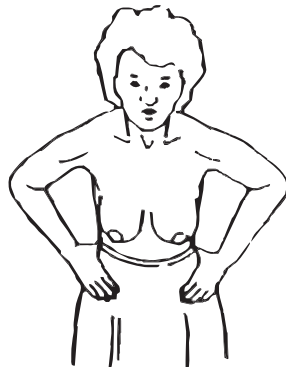
Hands over your head



Check front and side views for...

- ⌘ symmetry
- ⌘ puckering
- ⌘ dimpling

Hands on hips, press down, bend forward

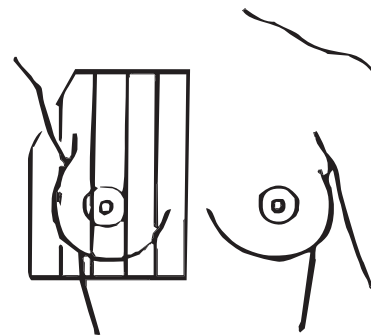


Check for...

- ⌘ symmetry
- ⌘ nipple direction
- ⌘ general appearance



Lie down with a towel under your right shoulder. Raise your right arm above your head.



Examine the area from...

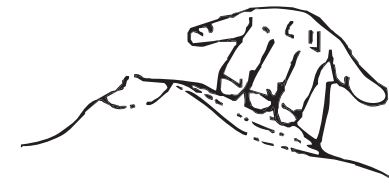
- ⌘ underarm to lower bra line
- ⌘ across to breastbone
- ⌘ up to collarbone
- ⌘ back to armpit



Use the pads of the three middle fingers of the left hand.

Hold the hand in a bowed position.

Move the fingers in dime-sized circles.

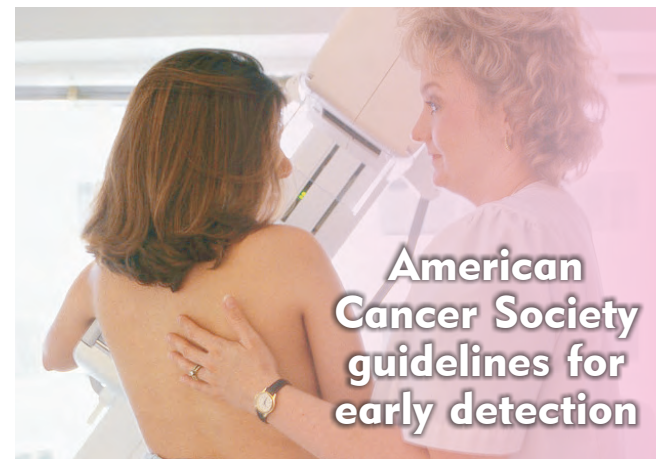


Use three levels of pressure

- ⌘ light
- ⌘ medium
- ⌘ firm



Examine the entire area using the vertical strip pattern. Then check your left breast with your right hand in the same way. If there are any lumps, knots or changes, tell your doctor.



American Cancer Society guidelines for early detection

Breast self-exam (BSE)

- ⌘ Once a month
- ⌘ Age 20 and over

Clinical exam

- ⌘ See a doctor or nurse for a physical breast exam
- ⌘ Age 20 to 40, every three years
- ⌘ Older than 40, every year

Mammography

- ⌘ Age 40 and older, have a mammogram annually