

About breast cancer screening

Breast cancer is a major health concern for women. Breast cancer screening helps to find cancer early. Finding it early might save your life, give you more choices for treatment, and result in fewer medical problems.

Depending on your age and risk factors, it is important to get regularly scheduled mammograms, which are proven to be effective in detecting cancer. To find out more about risk factors and our breast cancer screening recommendations, please ask your health care provider for the brochure, *Breast Cancer Screening*, or visit our website at kporg/wa.

The information presented in this pamphlet was not intended to diagnose health problems or to take the place of medical care.

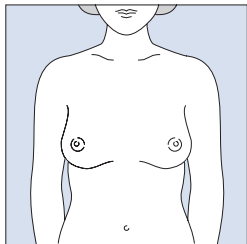
Coverage, rates, and access vary based on what you and/or your employer have purchased and your location. Check your benefit booklet or call Member Services at 1-888-901-4636.

Breast Self-Exam

- How to do the exam
- Five easy steps to follow

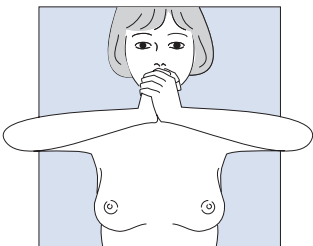
Using two simple tools—your eyes and your hands—and following the five easy steps described here, you can complete a breast self-exam. It is easy to do a breast self-exam and will take only a few minutes. If you choose to do breast self-exam, we encourage you to learn to do it well.

The first three steps focus on visual changes in the skin, shape, or contour of your breasts.



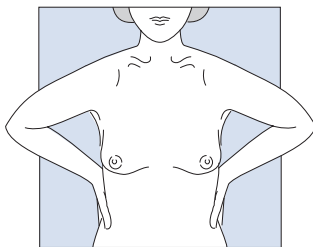
Step 1: Inspect your breasts with your arms at your sides in front of a mirror. Look for anything unusual about your skin such as puckering, dimpling,

scaling, swelling, or changes in moles. Check your nipples for discharge and changes in appearance or position. Turn from side to side to get a good look at all areas of your breasts, focusing on your skin and any changes in shape.



Step 2: Raise your arms overhead and look in the mirror for the same changes as in Step 1. Clasp your hands at shoulder height and press your hands

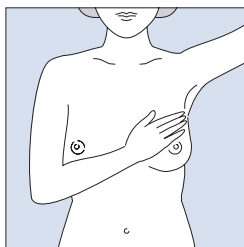
together, looking for the same changes.



Step 3: Press your hands firmly on your hips, thumbs forward, and observe your breasts. Bow slightly toward the mirror as you pull your shoulders and elbows

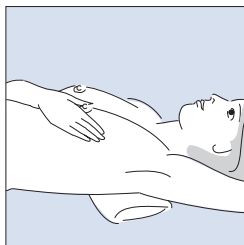
forward, watching for any dimpling or pulling of your skin.

The final two steps focus on any changes you may feel in your breasts.



Step 4: In the tub or shower. (Fingers glide over soapy skin making it easy to concentrate on the texture underneath.) Place your left hand behind your head and

move the flat part of your fingers on your right hand firmly and slowly around the outer edge of your left breast. Move your hand to make smaller and smaller circles until you reach your nipple. Gently squeeze your nipple and examine it for discharge. Pay attention to the area between your breast and armpit, as well as your armpit. Reverse the procedure, using your left hand to examine your right breast. Be sure to continue with Step 5 outside the shower or tub.



Step 5: Lie flat on your back, left arm over your head, with a pillow or folded towel under your left shoulder. Use your right hand to examine your left breast with the

same circular motion described in Step 4. Use pressure firm enough to move the tissue between your chest wall and finger tips. Reverse the entire procedure, using your left hand for your right breast.

By examining your breasts regularly, you will become familiar with their texture and appearance. You will learn what is normal for you and gain confidence in your exam.

Most breast changes are normal and do not result in cancer. If at any time you notice changes, have any concerns, or experience any of the following symptoms, contact a member of your health care team.

- A lump in your breast or chest wall.
- Bloody discharge from your nipple.
- New indentation, dimpling, or other skin changes.
- Persistent rash or redness of your skin.
- Persistent pain and tenderness in one place.
- Persistent swelling under your arm.

Resources: Where can I get more information?

Visit the Health and Wellness Resources section on our website at kp.org/wa.