



# EARLY DETECTION

## STEP 1

Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.

**Here's what you should look for:**

- Breasts that are their usual size, shape, and color
- Breasts that are evenly shaped without visible distortion or swelling



NOW, raise your arms and look for the same changes.

## STEP 2

## STEP 3

While in the mirror, **look** for any signs of fluid coming out of one or both nipples (This could be a watery, milky, or yellow fluid or blood).

**Next**, feel your breasts while lying down, using your right hand to feel your left breast, then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.

## STEP 4



**STEP 5 Finally**, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.

**1** 1st day of every month  
1st thing you do is a  
1-minute breast self-exam!

EARLY DETECTION IS THE#1 WAY TO BEAT BREAST CANCER



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**Basic tips on self-exams for breast cancer.**

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Breast Cancer isn't just your Grandmother's Disease! Although breast cancer in young women is rare, more than 250,000 women living in the United States today were diagnosed with it under age 40. Each year, approximately 70,000 men and women age 15 to 39 are diagnosed with cancer in the US.<sup>1</sup> Breast cancer is the most common cancer for women in this age group. It is estimated that 12,150 cases of breast cancer will be in women under age 40 and approximately 26,393 women will be under 45 years of age. Every year, more than 1,000 women under age 40 die from breast cancer. Nearly 80% of young women diagnosed with breast cancer find their breast abnormality themselves. This is why the Baby Miss American Cover Girl Pageant encourages you to do a Monthly Self-Exam on the 1<sup>st</sup> of every month! Please refer to the back for instructions!

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