



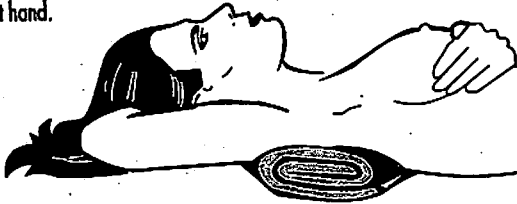
"Providing Quality Healthcare to All"

BEST MEDICAL CARE, PC

Corporate Office: 121-08 Hillside Ave., Richmond Hill, NY 11418 Tel: 718-850-1673

STEP 3 - LYING DOWN:

Lie down and place a pillow or towel under your right shoulder. Place your right hand behind your head. Examine your right breast with your left hand.



3 METHODS FOR SELF EXAM

Using your 3 middle finger pads, #1 press firmly in small circles starting at the outermost top edge of your breast and spiral in toward the nipple. Press firmly to feel all tissue.

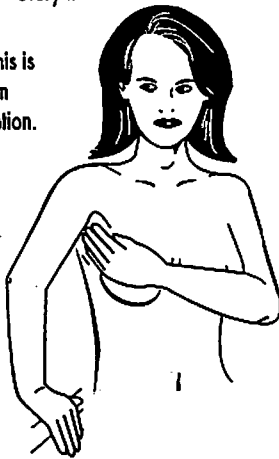


In addition to the circular method, you can also choose the vertical #2 (up and down) or the wedge #3. Do it the same way every time.

Also check your underarm area, as this is breast tissue. Resty your arm on a firm surface and use the same circular motion.

Call your doctor immediately if any changes or symptoms are noticed.

Periodic examinations by a qualified doctor are necessary. This is not a substitute.



DO IT YOURSELF

MONTHLY BREAST SELF-EXAM

STEP 1 - IN THE SHOWER:

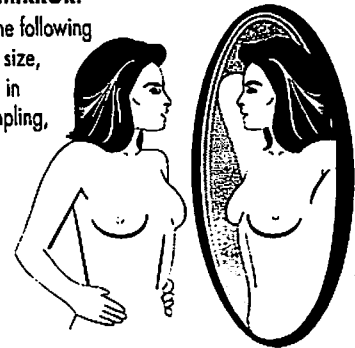
Place your right arm behind your head. With your left hand, examine your right breast. Using the pads of your 3 middle fingers, feel over the breast for lumps, thickness or knots. Now place your left arm behind your head and use your right hand to examine your left breast. Do this the same day each month.



STEP 2 - IN FRONT OF MIRROR:

While standing in each of the following positions, look carefully for: size, shape and contour changes in each breast; puckering, dimpling, or changes in skin texture.

- (1) Arms at your sides,
- (2) arms above your head
- or (3) hands firmly pressed on hips, Bow slightly forward while pulling your shoulders forward.



Squeeze both nipples and look for a discharge.

TURN OVER FOR FURTHER INSTRUCTIONS.