



Caring for Yourself & Others

If you're 18 or older, make breast self-exams a monthly habit
WHEN...



In front of a mirror



In the shower



Lying down

4 Easy Steps for Breast Self-Exams:

- Lift right arm and place hand behind head
- Use the finger pads of your left hand
- Make small circles up and down your entire breast
- Repeat on left breast, using your right hand

About the **same time each month** look for changes, like:

- A lump, that feels different
- A change in the look or feel of your skin
- A dimple or folding in the breast surface
- An inverted nipple
- Nipple discharge of either blood or mucus
- Swelling or redness with a feeling of heat upon touch

Tell your doctor or health provider about any changes.
You should also have regular breast exams by a doctor or nurse **AND** an annual mammogram if you are 40 or older.

Breast self-exams, breast exams by a doctor, and mammograms improve your chances of finding breast cancer early, when it's curable!

CANCER CHECKLIST FOR LIFE



- ✓ Monthly skin self-exam

Females 18 and older:

- ✓ Monthly breast self-exam (BSE)
- ✓ Yearly clinical breast exam (by a nurse or doctor)
- ✓ Yearly PAP test

Females 40 and older:

- ✓ Yearly mammogram

Females 50 and older:

- ✓ Clinical colorectal exam

Native Hawaiian Health Care Systems:

O'ahu	Ke Ola Mamo	845-3388
Hawai'i	Hui Mālama Ola Nā 'Ōiwi	969-9220
Maui	Hui No Ke Ola Pono	244-4647
Lāna'i	Ke Ola Hou O Lāna'i	565-6608
Moloka'i	Nā Pu'uwai	560-3653
Kaua'i	Ho'ōla Lāhui Hawai'i	246-3511



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Native Hawaiian
Cancer Network