

## Standard BSE Model

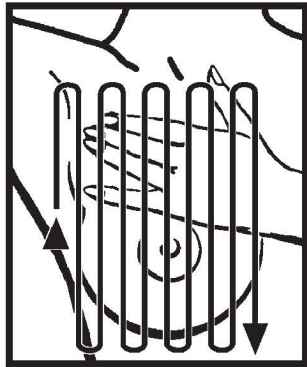
### Directions

- The slipcover may be used to protect your teaching model from wear that could occur with heavy use. To clean the slipcover, remove it from the model, wash it with mild soap and water, and allow it to air-dry. The model may also be lightly powdered and examined without the slipcover. This method gives the most realistic simulation.
- Several lumps are embedded in the model. Examine the model while it is either lying on a flat surface or held over one of your own breasts. Be sure to powder the back of the model before using the latter method.
- Healthcare professionals recommend using the vertical pattern of breast self-examination. Additional patterns, such as the circular pattern, may also be used.
- Place a penlight behind the breast, and press the light into the model to detect the non-palpable lumps. This procedure illustrates the importance of mammography.
- Compare your results with the lump location key on the other side of this card.

### Care and Cleaning

This model is made of BIOLIKE 2™ synthetic tissue and should be handled carefully. Treat the model as carefully as human tissue. To ensure maximum life of the model, follow these instructions. Before each use, lightly powder the model with talcum powder to give it a smooth feel. When needed, clean the model with soap and warm water. Pat the model dry with a clean cloth and re-powder it. Do not allow the model to come into contact with ink or printed materials. Do not puncture the model with fingernails or other sharp objects. Keep the model stored in its protective case when not in use. Avoid exposure to heat and direct sunlight.

CAUTION: This model is for educational purposes only. Do not ingest.



#### Vertical Pattern

Use the flat surface of the three middle fingers to make overlapping, dime-size, circular motions on the breast tissue. Apply light, medium, and firm pressure to examine all levels of breast tissue. Begin moving the fingers in an up-and-down pattern from the collarbone to the ribs, continuing the up-and-down pattern across the breast to the middle of the chest bone.

#### Circular Pattern

Use the flat surface of the three middle fingers to make overlapping, dime-size, circular motions on the breast tissue. Apply light, medium, and firm pressure to examine all levels of breast tissue. Start at the top of the breast, and circle in toward the nipple, using small, circular motions to examine your entire breast.



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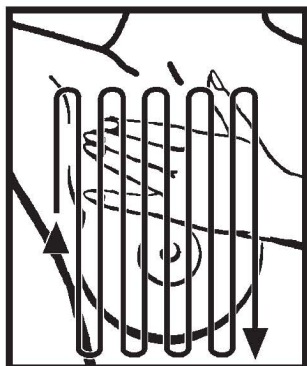
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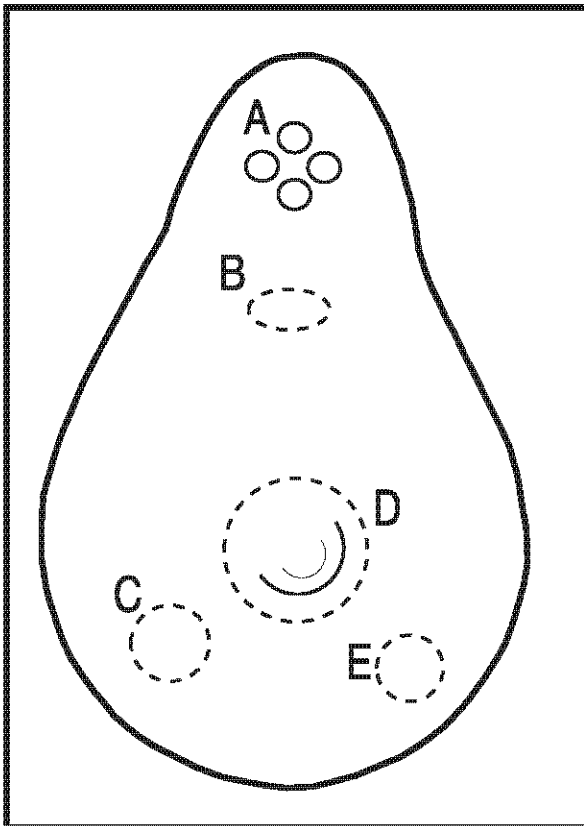
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#### Lump Location Key

The lumps labeled "B" through "E" can be felt by practicing breast self-examination. The lumps in area "A" are non-palpable—they represent tumors that can typically be detected only through mammography.

It is not possible to determine the exact nature of any tumor strictly by touch. Although many breast lumps are not cancerous, any lump should be examined by a healthcare professional. With early detection—through breast self-examination, clinical exams by a healthcare professional, and mammography—the chances of surviving breast cancer increase dramatically. All women should perform monthly breast self-examination (BSE). Women 40 and older should have a clinical breast exam every year. Younger women should have a clinical breast exam every 1–3 years. Women 40 and older should have a mammogram every year. Consult your healthcare professional for a mammography schedule that fits your specific needs.

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