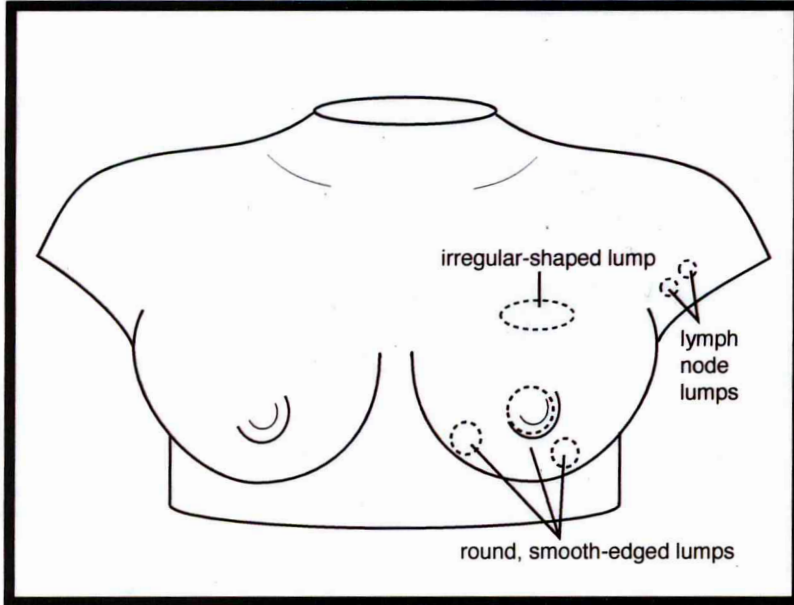


Group BSE Model



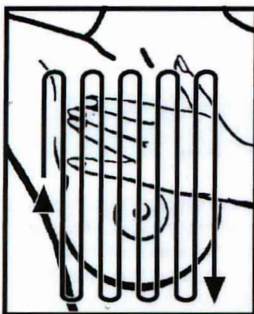
Lump Location Key

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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Group BSE Model



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.



Directions

- Before each use, lightly powder the model with talcum powder to give it a smooth feel.
- Several lumps are embedded in the model. Examine each breast carefully, as well as the axillary (underarm) and collarbone areas.
- Many healthcare professionals recommend using the vertical pattern of BSE while lying down. Women may also use other patterns such as the circular pattern.
- Compare your results with the lump location key on the other side of this card. The key shows the approximate location of the lumps in the model.

Care Instructions

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 **lying flat** when not in use. Avoid exposure to heat and direct sunlight.

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