



# breast self exam

*"40% of diagnosed breast cancers are detected by women who feel a lump ... establishing a regular breast self-exam is very important."*

— JOHNS HOPKINS MEDICAL CENTER

While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

## Can I rely on Breast Self-Exams alone to be sure I am breast cancer free?

Mammography can detect tumors before they can be felt, so screening is key for early detection. But when combined with regular medical care and appropriate guideline-recommended mammography, breast self-exams can help women know what is normal for them so they can report any changes to their healthcare provider.

**If you find a lump, schedule an appointment with your doctor, but don't panic — 8 out of 10 lumps are not cancerous. For additional peace of mind, call your doctor whenever you have concerns.**

Information source:

[www.nationalbreastcancer.org/breast-self-exam](http://www.nationalbreastcancer.org/breast-self-exam)



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