



PUNCH OUT  
AND HANG  
ON SHOWER  
HEAD



STICK IT!

[www.breastcancercanstickit.org](http://www.breastcancercanstickit.org)

## Women's "In The Shower" Guide To Breast Health

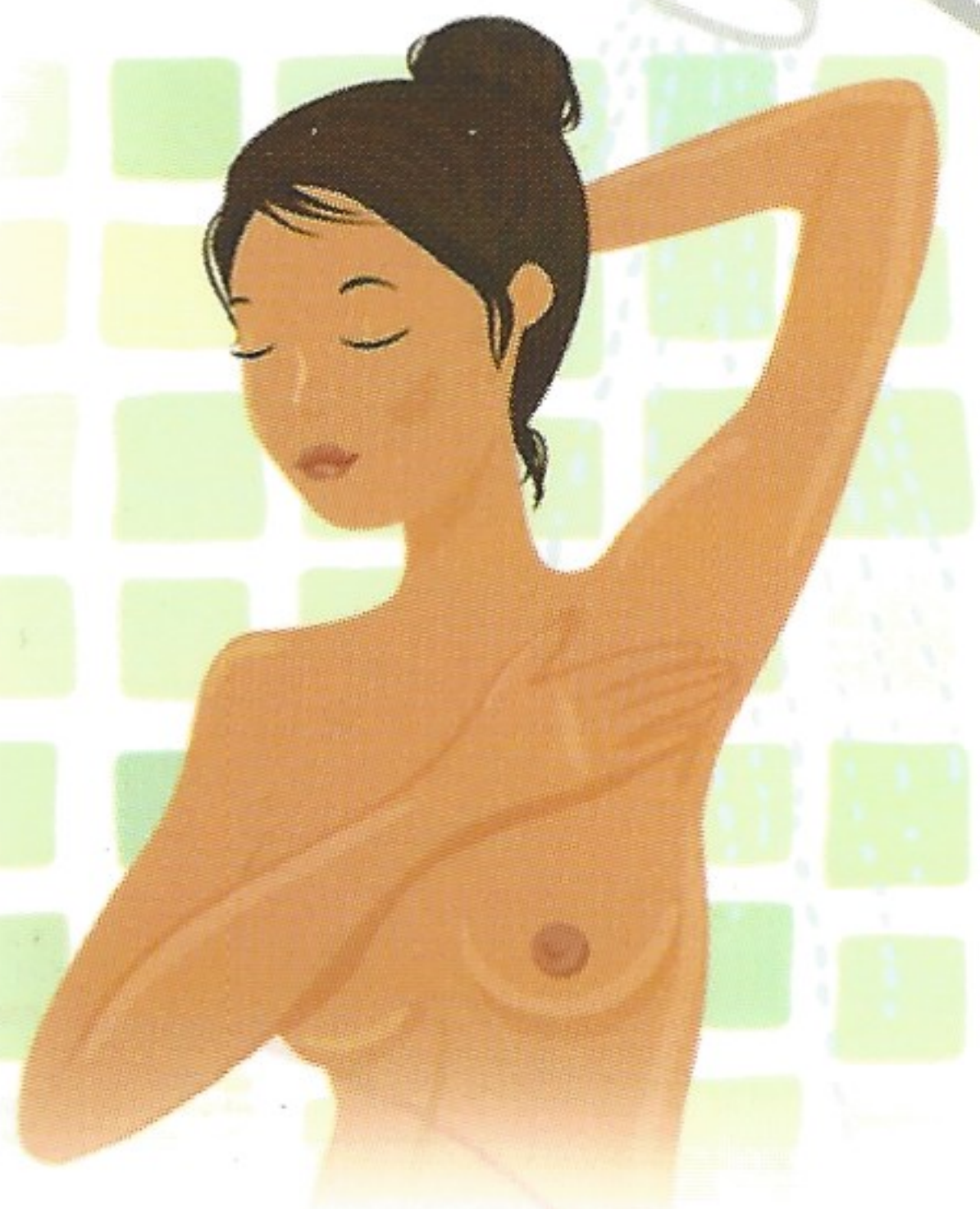
The American Cancer Society advises all women to be familiar with how their breasts normally look and feel. Talk with your healthcare professional about monthly breast self-exams.

### IN THE SHOWER

Put your left hand behind your head. With the finger pads of your right hand, feel your entire left breast and armpit area. Switch arms and repeat the exam for your right breast.

***If you find a lump, notice any changes, or have any of the symptoms listed on the back of this card, see your healthcare professional immediately.***

The American Cancer Society is available 24 hours a day for information and support. Call 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org). All services are free.



Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

When you have completed your breast exam for the month, punch out the appropriate circle.

## Early Detection Makes A Difference

All women can get breast cancer—even those with no family history of the disease. Learn about breast cancer and take control of your breast health by following the guidelines of the American College of Radiology and the American Congress of Obstetricians and Gynecologists.

### Breast Care Recommendation

**Age 40 & older:** mammogram every year or as directed by your healthcare professional

### Symptoms

***Breast cancer symptoms may include:***

- Breast lump or mass that may or may not be painful
- Lump or swelling under arm or around collarbone
- Skin irritation, dimpling, or swelling of all or part of breast
- Breast or nipple pain, or nipple turning inward
- Redness, scaliness, or thickening of nipple or breast skin
- Nipple discharge other than breast milk

