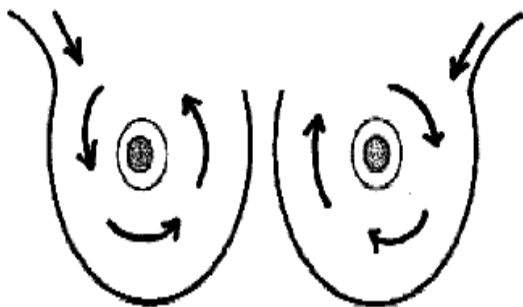


Thermo-Tech Inc.

Self Administered Breast Exam



Remember to do your Self Administered Breast Exam at the same time of the month, about a week after your period is over. This is a time when the breasts are less sensitive. For postmenopausal women choose a time of the month that you will remember like the first of the month.

Most women diagnosed with breast cancer find it themselves. Remember that early detection saves lives. Getting a lump removed before it spreads into the lymph nodes will help to avoid chemotherapy.

Start your breast exam standing in front of a mirror. Observe your breasts turning right then left. Lift the arms over head and then down to sides and lean forward. What you are looking for is any dimpling or indications that there is a lump under the surface. Notice any rashes, raise areas, unusual textures of the skin or a newly inverted nipple.



Place your right hand on your head and use the left hand to start the exam in the right armpit. Take your time to feel for any lumps in the armpit first before moving down into the softer breast tissue. If there is a lump in the armpit it is usually a swollen lymph node but can be indicative of something developing in that breast. Using your fingertips gently massage the breast in each spot in a small circular motion with three different touches each one going deeper and deeper. If you start out too deep you may push the lump away and miss it. All through out the exam you will be going in a spiral direction towards the nipple (see diagram above). Cover each area slightly overlapping so you don't miss any area in between hand placement. Be sure to examine under the nipple too. Do the same on the other side and map what you find in your breast even fibrous lumps so you remember where they are and their size for the next time.



Remember to be loving to your breast. Your exam should be an enjoyable experience not one of fear or anxiety. Nearly everyone has lumps in their breast so get familiar with your lumps. Notice any changes and map them on the chart to see if they get bigger or go away. Fibrous lumps are sinewy and movable. Lumps that are suspicious are usually hard and seem rooted firmly due to the blood supply anchoring them in place. If you do find something suspicious get a Thermography for a safe and accurate breast screening.

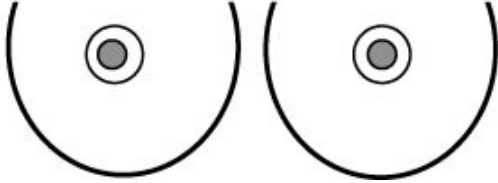
Thermo Tech Inc. P.O. Box 891 Knights Ferry CA 95361 (209) 881-3044

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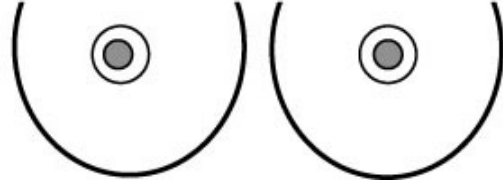
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Monthly Breast Exam Mapping

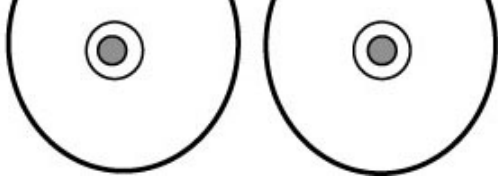
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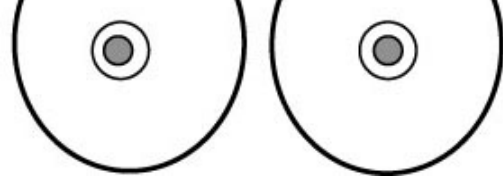
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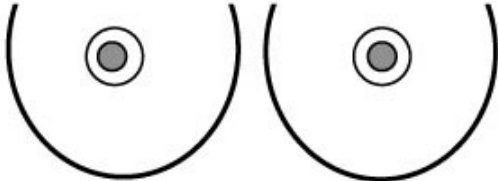
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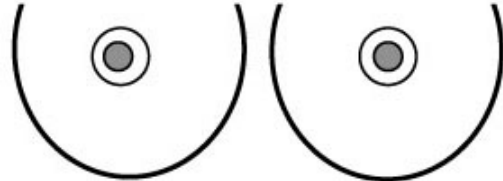
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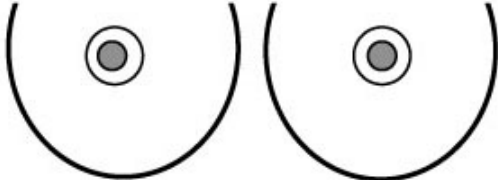
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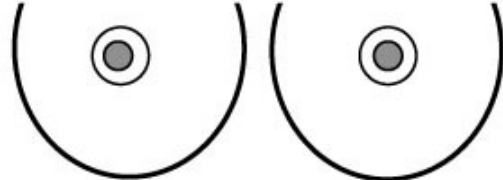
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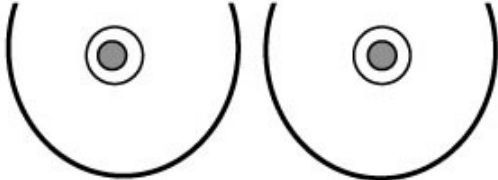
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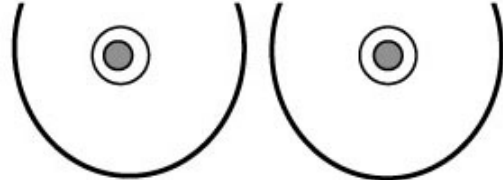
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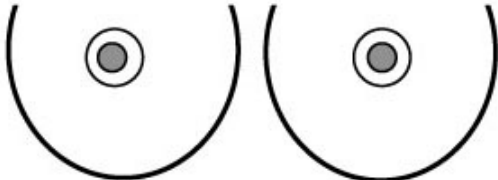
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