

BSE/TSE-10: Breast Self/Testicular Self Exam Hang Tag

BSE/TSE-10: stock front

AD COPY AREA

Because We Care

Monthly Breast Self-Exam

In Front of a Mirror: Raise your arms over your head and then let them hang at your sides, visually inspect your breasts, looking for any changes in the contour or shape of the breasts, any dimpling, swelling, or other skin irregularities on or around the breasts, or any changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Look for any dimpling, puckering, or other changes, particularly on one side. In addition to examining your breasts also feel your underarms for any lumps.

In the Shower: With your pads/flats of your 3 middle fingers, check the entire breast and underarm area, pressing down with light, then medium and finally with firm pressure. Check both breasts and armpits each month, feeling for any new lumps, thickenings, hardened knots or any other breast or armpit changes.

Lying Down: When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and put your right arm behind your head. Using your left hand, move 3 middle fingers around your right breast, covering the entire breast area and armpit. Use light, medium, and firm pressure to feel for any new lumps, thickenings, hardened knots, or any other breast or armpit changes. Also squeeze the nipple to check for discharge. Repeat these steps for your left breast and armpit.

Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a monthly breast self-exam is very important.

National Breast Cancer Foundation Inc.

BSE/TSE-10: stock back

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Monthly Testicular Self-Exam

- **Hold the penis out of the way** and examine each testicle separately.
- **Hold the testicle between your thumbs and fingers** with both hands and roll the testicle gently between the fingers.
- **Look and feel** for any hard lumps or nodules (smooth rounded masses) or any change in the size, shape, or consistency of the testes.

- **If you choose** to examine your testicles, you will become familiar with what is normal and what is different.
- **Always report any changes** to your doctor without delay.

The American Cancer Society (ACS) recommends a testicular exam as part of a routine cancer-related checkup.

TSE is not to take the place of your annual visit to your physician

Please remove all guideline indicators before submitting artwork



= Final Cut Size: 3.25" x 8"



= Ad Copy Area : 3" x .875"
Art must be within clearances - 0.125" on all sides.