

Early detection is your best protection



INSTRUCTIONS FOR USE

# BREAST SELF EXAM

aware®

## Important

A comprehensive breast-screening program consists of three major components:

- ❧ **Breast self-examination (with or without the Aware® Pad)**
- ❧ **Regular clinical breast exams by your doctor**
- ❧ **Ultrasound and mammograms**

Breast self-examination with or without the Aware® Pad is not a

replacement for a mammogram or clinical breast exam by your doctor. Regular clinical exams and ultrasound or mammograms as advised by your doctor are important.

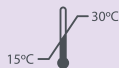
**Make it a routine:** By examining your breasts regularly, you will become familiar with what is normal for your breasts and you will also be able to recognize changes promptly.

## Care and storage

If the Aware® Pad becomes soiled, simply rinse with warm water and let dry. Store the Aware® Pad at room temperature.

FDA CLEARED

REF 1207



This product makes no explicit or implied claim to find breast cancer, breast lumps, or any other type of breast disease.



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## Indication for use

The Aware® Pad is intended to be used as an aid for performing breast self-examination. Your breast self exam should be performed first with your bare hands and then with the Aware® Pad. Read and follow these instructions for proper use of the Aware® Pad.

## Description of the Pad

The Aware® Pad is a medical device, which consists of two plastic sheets with liquid sealed in between. The Aware® Pad clings lightly to your skin. When you place your fingers on the Aware® Pad and press firmly against it, your fingers will glide smoothly across your breast. The Aware® Pad reduces friction between your fingers and your breast and may provide for an easier and more comfortable exam.

## How to use your Aware® Pad

In order to use the Aware® Pad, first become familiar with how it works and how to use the Aware® Pad correctly.

**01** Rub the Aware® Pad between your hands to spread the lubricant inside the pad. This will also help to warm the Aware® Pad to your body temperature.

**02** Lay the Aware® Pad over the area to be examined. Press down firmly on the Aware® Pad with your 3 middle fingers. Use your finger pads and not the tips to move over the area to be examined. The top layer of the Aware® Pad will move while the bottom layer remains stationary. By reducing friction, your fingers concentrate on the perceived sense of shape.

**03** Repeat this procedure until you are comfortable with how the Aware® Pad is to be used.

**To prevent a slip and fall accident, do not use the Aware® Pad in the shower.**



## When is the best time to examine your breasts?

Examine your breasts once every month within a week after the end of your menstrual period. This is the time when your breasts are least likely to be tender or swollen.

Post-menopausal breast self-examination should be performed about the same time each month, preferably on the same day of the month. Choose a day that is easy to remember - perhaps the first day of the month.

Routine breast self-examination should not be performed during ovulation times and prior to menstruation, since fluid retention in breast tissue results in lumpier, fuller breasts and increased tenderness of the tissue.

## Precaution

Do not panic if you think you feel a lump in your breast. Normal breast tissue is composed of firm glandular tissue and soft fatty tissue which feels lumpy and bumpy all the time. Variation in the lumpiness is directly affected by the menstrual cycle. Changes to the breast tissue that last beyond a full menstrual cycle or those that appear larger or more prominent should be brought to the attention of your doctor.

Weight gain or loss changes the amount of fatty tissue in the breast, which may change the contour and texture of the breast, so it is important to compare your breasts side by side for changes. It is not unusual for one breast to be larger than the other.

# Guide for your Breast Self Exam

Look & Feel

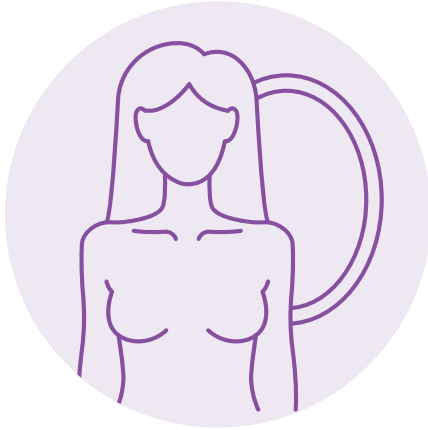
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## Step 01

Begin your breast self exam while standing in front of a well-lighted mirror with your shoulders straight and your arms on your hips. Compare your breasts.

- Do your breasts have their usual size, shape and color without visible distortion or swelling?
- Are there any skin changes such as dimpling or puckering, redness, rash or swelling?
- Did the nipples change position or is there an inverted nipple?
- Is there any discharge if you gently squeeze the nipple between the thumb and index finger?

Then place your palms on your hips and press down firmly, flexing your chest muscles. Check again for any changes.



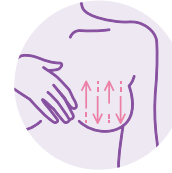
## Step 04

Feel your breasts while lying on your back. Place a pillow under your left shoulder or your left arm under your head. It will help to spread the breast tissue over your chest wall.

Begin with a barehanded examination: Use your right hand to feel your left breast.

Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion. Examine every part of your breast and armpit, feeling for a lump or hardness. Follow a pattern to be sure that you cover the whole breast.

**Suggested patterns:**



## Step 02

Raise your arms and look for the same changes. Do your breasts follow the movement?

Check yourself from the front and from the sides. Do you see retractions or bulges?



## Step 05

Place the **Aware® Pad** over your left breast with your fingers flat. Press firmly on the **Aware® Pad** and slide over every part of your breast and armpit feeling for a lump or hardness. Use a circular motion. Follow a pattern, e.g. vertical strips, to be sure that you cover the whole breast.

Then perform both the bare-handed and **Aware® Pad** exam on your right breast.



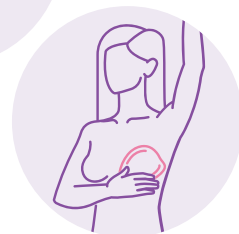
## Step 03

Gently squeeze the nipples between the thumb and index finger and look for any signs of fluid coming out of one or both nipples. This could be a watery, milky, or yellow fluid or blood.



## Step 06

Finally, feel your breasts while you are standing or sitting. This exam repeats the procedure from step 4 and 5, and should be performed both with and without the **Aware® Pad** on the right and left breast.



**Important:** Any change like discovering a lump, puckering, or discharge during either the barehanded breast exam or using the Aware® Pad, should be reported to your doctor for proper evaluation.