

HORNET HEALTHY LIVING: VOLUME 3

Breast Cancer Awareness Month!

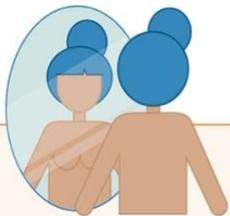
Symptoms:

- New lump in the breast or underarm
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple discharge or retraction
- Redness, scaliness or thickening of nipple or breast skin

- Schedule your mammogram today! Don't let the pandemic stop you.
- Perform monthly self-breast exams. Early detection saves lives!
- Although more prevalent in women, breast cancer can also affect men.
- To reduce your risk of breast cancer: maintain a healthy weight, exercise regularly, and don't drink alcohol.
- Know your family history: 5 to 10% of breast cancer is hereditary.

How to perform a routine self-breast exam:

1



Look at your breasts in a mirror with arms by your sides and then with arms raised.

You should be looking for any skin changes such as dimpling, puckering, redness, change in your nipple, or anything coming out of them (and you're not breast feeding).

2



Feel your breasts while lying down.

Use the opposite hand to examine each breast with two fingertip pads, using small circular motions and covering the entire area of the breast (from outer arm pits to the nipples, across to the space in between your breasts, and vertically from your collarbone to below the breasts).

3



Feel your breasts while standing up.

This is easiest done in the shower especially with a little soap over the area which makes fingers slide over the tissue and lumps easier to feel.