

BSE with the B-D SENSABILITY™ Pad
IT'S ABOUT AS

Breast Self Examination

easy as 1, 2, 3

A monthly BSE only takes a few minutes, and it should be performed both standing up and lying down. It is very important that your BSE be performed first with your bare hands and then with the B-D SENSABILITY Pad. Be sure to take enough time to examine both breasts thoroughly following these steps.



Sensability™
Breast Self-Examination Aid



- Perform both the bare-handed and B-D SENSABILITY Pad exam on your left breast.

Lying down



- Lie on your back and place a pillow under your right shoulder as illustrated.

- Put your right hand under your head and examine your right breast using your left hand just as you did in Step 1.
- Repeat the exam using the B-D SENSABILITY Pad.
- Perform both the bare-handed and B-D SENSABILITY Pad exam on your left breast.
- Remember you are examining every part of your breast and armpit, feeling for any lumps or hard or thickened areas.



Standing



- Raise your right arm. Check your entire breast area and armpit using the fingers of your left hand. Remember to keep your fingers flat as you feel the breast tissue for lumps or hard or thickened areas. Use small circles with firm pressure over each area of your breast and armpit.
- Repeat the entire exam with the B-D SENSABILITY Pad. Holding it by its handle over your breast, with your fingers flat, press firmly on the B-D SENSABILITY Pad and slide over every part of your breast and armpit. You'll notice that the top layer will move easily over the bottom layer because of the reduced friction. Remember that you are feeling for any lumps or hard or thickened areas.



Standing in front of a mirror

- Stand in front of a well-lighted mirror and, with your hands at your sides, check for any changes in the shape or look of your breasts. Note any skin or nipple changes such as dimpling or puckering. Gently squeeze the nipple to see if there is any discharge. Inspect your breasts for any changes in four positions: arms at side, arms overhead, hands on hips pressing firmly to flex chest muscles, and bending forward.



- The B-D SENSABILITY Pad is as easy to care for as it is easy to use. Should your B-D SENSABILITY Pad become soiled, simply rinse it with warm water and let dry. Do not use it in the shower. Store the B-D SENSABILITY Pad at room temperature until your next monthly BSE.

- If during any part of your BSE** you discover a lump, dimple, puckering, or discharge, it is important that you see your health care provider as soon as possible. Remember that a change you see or feel in your breast does not automatically mean you have breast cancer. But it is best to report any change to your health care provider for further evaluation.