

Please refer to detailed instructions

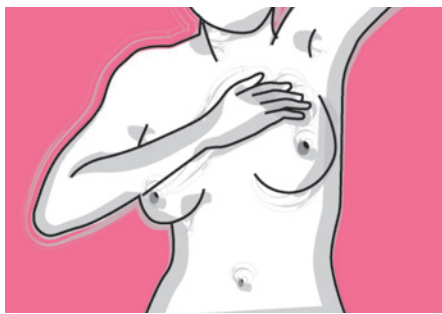
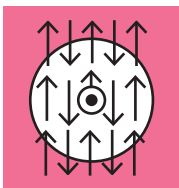
Green line denotes Inside Margin
Pink line denotes Outside Bleed Margin
Gray line denotes Die Cut

FRONT

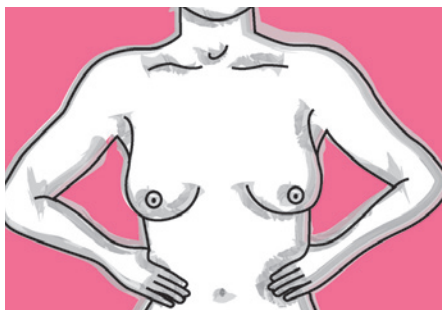
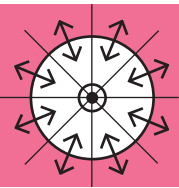
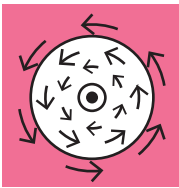
BACK

THE BEST PROTECTION IS EARLY DETECTION

THE BEST PROTECTION IS EARLY DETECTION



1. In the Shower: with skin wet & lathered raise one arm above head, with fingertips of other hand close together glide fingers over breast in the direction of one of the grid patterns examples. Checking for lumps or thickening, repeat on other breast.



2. In Front of a Mirror: examine your breast with your hands at your side, then clasped overhead, look for changes in size, shape or nipple changes. Then press hands on hips & push elbows forward to tighten chest muscles, look for dimpling, puckering, redness, scaliness or changes in shape, size, texture or skin color.

Call your Physician today to schedule your screening
951 683-6370



Legendary Care™

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

The National Cancer Institute recommends:

- Women 40 years and older should get a mammogram every 1 to 2 years.
- Women who have had breast cancer or other breast problems or who have a family history of breast cancer might need to start getting mammograms before age 40, or they might need to get them more often. Talk to your doctor about when to start and how often you should have a mammogram.

Self-breast exams should begin as early as 18-20 years of age and be performed once a month.



Legendary Care™

