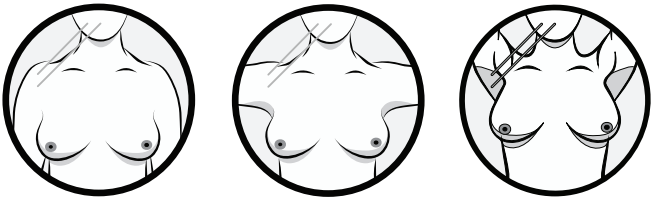




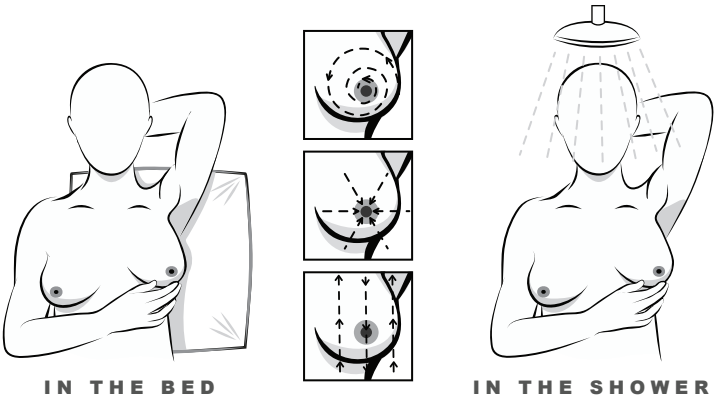
**YVONNE ASHLEY GALIBER**  
BREAST CANCER FOUNDATION

# MONTHLY SELF-EXAMS

## FOR EARLY DETECTION



**IN FRONT OF THE MIRROR**



**IN THE BED**

**IN THE SHOWER**

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

MARK AFTER EACH EXAM.

**MORE RESOURCES**  
**YAGFOUNDATION.ORG**

**INFO@YAGFOUNDATION.ORG | 340.332.9115**

# THINGS TO LOOK FOR

## DURING YOUR EXAM

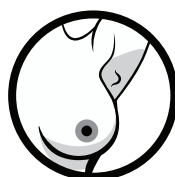
Your monthly self-exams are not a replacement for professional examinations. Be sure you are consulting with your doctor about getting regular mammograms! Contact us if you need assistance.



**INWARD NIPPLE**



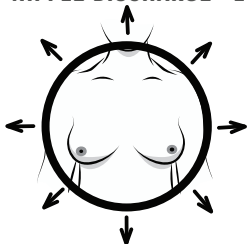
**NIPPLE DISCHARGE**



**LUMP IN UNDERARM AREA**



**PARTIAL SWELLING**



**TOTAL SWELLING**



**SKIN DIMPLING**



**BREAST/NIPPLE PAIN**



**SKIN IRRITATION**

It is recommended that women begin annual mammograms at age 40. Women of all ages should consult with their doctor regarding the most effective method of detection and prevention.

**MORE RESOURCES**  
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