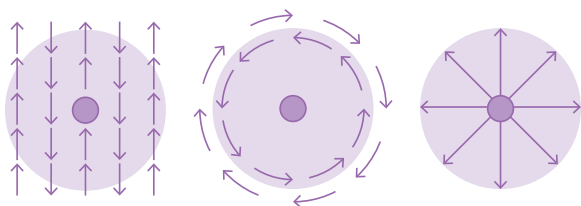


In the Shower Breast Health Reminder

The American Cancer Society advises all women to be familiar with how their breasts normally look and feel. Talk with your health care provider about monthly breast self-exams.

IN THE SHOWER

Put your left hand behind your head. With the finger pads of your right hand, feel your entire left breast and armpit area using one of the patterns below. Switch arms, and repeat the exam for your right breast.



If you find a lump, notice any changes or have any of the symptoms listed on the back of this card, visit your health care provider immediately.



UnityPoint Health

JAN

FEB

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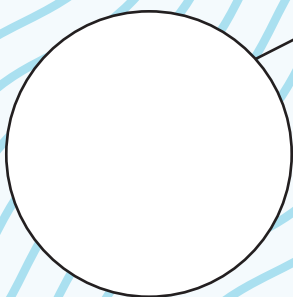
SEP

OCT

NOV

DEC

Punch out the appropriate circle when you complete your breast exam each month.



EARLY DETECTION MAKES A DIFFERENCE.

If you are 40 or older, talk to your health care provider about an annual mammogram.

Breast cancer symptoms may include:

- Breast lump or mass that may or may not be painful.
- Lump or swelling under arm or around collarbone
- Skin irritation, dimpling or swelling of all or part of breast
- Breast or nipple pain, or nipple turning inward
- Redness, scalliness or thickening of nipple or breast skin
- Breast warmth and itching
- Nipple discharge other than breast milk

The American Cancer Society is available 24 hours a day for information and support. Call **(800) ACS-2345** or visit **cancer.org**.

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Punch out the appropriate circle when you complete your breast exam each month.