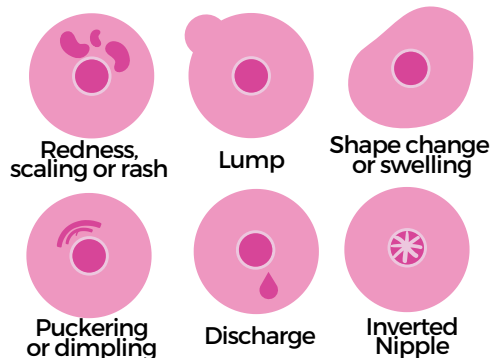




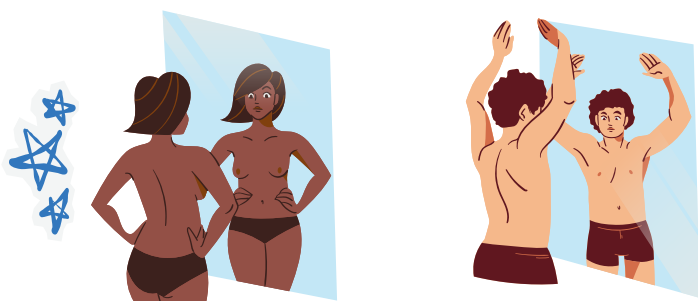
Self Breast Exam Steps

^WHEN YOU'RE YOUNG

Step 1: Stand in front of a mirror, naked, hands at your sides, and look for:



Step 2: Inspect your breasts for the changes noted in Step 1. This time, with your hands pressed on your hips, then again with both hands raised above your head with your palms pressed together.



Step 3: Lay down somewhere flat. Feel your breasts one at a time while lying on your back, use your fingertips from your opposite hand and firm pressure.



Start outside of your armpit near your back with a small circular motion, and move up and down in lines from high in your armpit to below your breast cleavage.



Remember!

Clinical Breast Exams (CBE)
- age 18+ every year.

Self Breast Exam (SBE)
- once a month.

TIP: Annual OB/GYN appointments are ideal for a CBE!

Scan the
code to
learn
more!



Feel something? Say something.
Call DBCC if you're concerned
and need guidance.

1-888-672-9647

DBCC

Delaware's Most Trusted
Breast Cancer Resource



Wilmington | Dover | Rehoboth

debreastcancer.org



UNDER 40 WITH A BREAST CONCERN?

START
HERE



Call DBCC for help
(302) 672-6435
to speak with
our team!

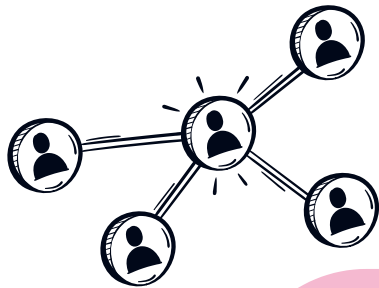


NO

Do you
have health
insurance?

YES

DBCC confirms
amount and assists
with insurance
coverage and
next steps!



Do you have a
primary care
doctor or OB?

NO

DBCC will connect
you to a Doctor and
confirm clinical
breast exam
appointment is set.

YES

Call your doctor or
OB to make a
clinical breast exam
appointment.

Go to appointment
and get clinical
breast exam and
mammogram script.



Screening
ultrasound
may be
needed with a
mammogram
typically at
same visit.

Schedule screening appt
at imaging center.

DBCC helps plan care
based on insurance
options verified with
the imaging center.



Imaging center
call/email back
with results.

Schedule for
next year!

