

The Every Woman Counts program provides free breast and cervical cancer screening and follow-up services. This includes clinical breast exams, mammograms, Pap tests, and HPV cotests as well as other procedures when needed to eligible women in California.

To find a provider in your area, visit the on-line provider locator at <http://dhcs.ca.gov/EveryWomanCounts> or call 1 (800) 511-2300 (available 24/7)

We speak English, Spanish, Mandarin, Cantonese, Korean, Cambodian, Hmong, Russian, Tagalog, and Vietnamese.



Every Woman Counts

California Department of Health Care Services



## What to Expect During a Clinical Breast Exam



**Every woman should be offered a Clinical Breast Exam by a doctor or nurse.**

- The exam is done in a private room.
- You will need to remove all clothing above your waist.
- You may want someone else to be in the room with you for the exam. If so, ask one of the female staff, a friend, or family member to be present.



Talking with your doctor or nurse about your breast cancer screening is an important part of your exam.

Your doctor or nurse will talk with you about the following:

- Your health history and risk for breast cancer.
- Questions or concerns about your breasts.
- Which procedures and screening schedule are right for you.

Talk with your doctor or nurse about:

- Anything about your breasts that doesn't look or feel right to you.
- Information or words that you do not understand.
- Written materials about breast cancer screening.

If you choose to have a clinical breast exam, your doctor or nurse will talk with you about the following:

- Each step of the exam
- Your comfort during the exam

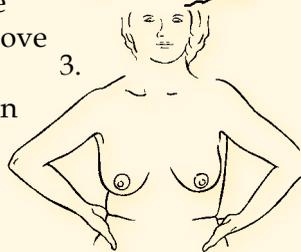
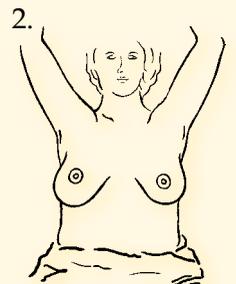
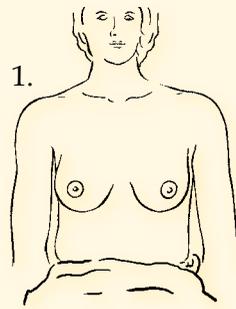


## DURING YOUR CLINICAL BREAST EXAM



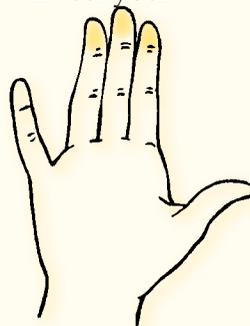
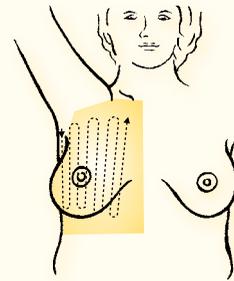
### While sitting up:

- The doctor or nurse looks at your breasts to see if there are any changes in the shape, skin, or the nipple. You may be asked to put your arms in the following positions:
  - arms at your side
  - arms above head
  - hands on hips.
- The doctor or nurse checks the lymph nodes above and below your collarbone and in your underarm areas for any swelling.

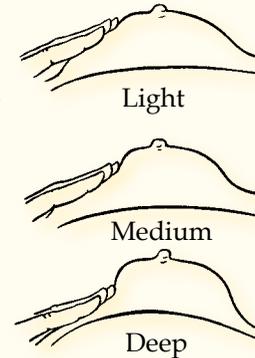


### While lying down:

- The doctor or nurse does a clinical breast exam (CBE) following a pattern. He or she will move their hand up and down your breast in rows (like mowing the lawn). They will cover every part of each breast including the nipple.
- Your breast tissue covers a large area – from your collarbone to the bra line and from the breastbone to the middle of your underarm.
- The doctor or nurse will feel your breast tissue by using the pads of their three middle fingers.



- Lumps can grow anywhere in your breast. So your doctor or nurse will need to use light, medium, and deep pressure to feel all your breast tissue. The deep pressure can hurt, but it is very important for a complete exam.



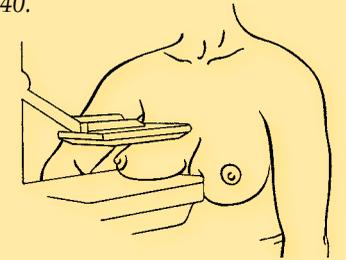
### End of the exam:

- Ask your doctor or nurse to let you feel your own breast tissue. This way, you can learn what is normal for you.
- You and your doctor or nurse will talk about a plan of regular screening and follow-up that is best for you.

## THREE PARTS TO COMPLETE BREAST CANCER SCREENING

Finding breast cancer early gives a woman more choices for treating it. Follow a regular breast cancer screening program that includes:

- A Mammogram** (an x-ray of the breast) ordered by your doctor or nurse. *Discuss with your provider when to start and how often. It is recommended to have a mammogram every 1-2 years beginning at age 50. Depending on your health history and preferences, it can begin as early as age 40.*



- A Clinical Breast Exam (CBE)** should be offered by a doctor or nurse as shown in this brochure. This procedure is optional. *Every 3 years, starting at age 20 to age 40. Every year at age 40 and older.*

- Breast Awareness**  
You should be aware of how your breasts normally look and feel so that you can tell your doctor about any new breast changes as soon as they are found.

You can also choose to do a regular **Breast Self-Exam (BSE)**. Ask your doctor or nurse about the benefits and limitations of this step-by-step approach.

