

1¼"  
perforated  
hole

# Let's Put Breast Cancer Out Of Work!

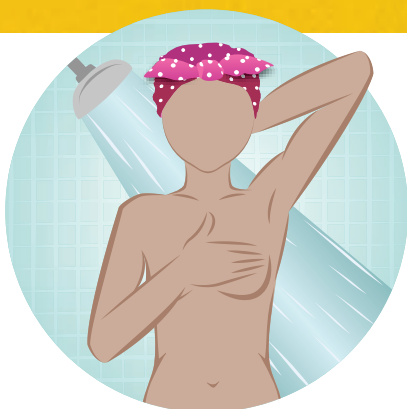


## Early Detection Matters

Check your breasts once a month. An estimated 40% of breast cancers are diagnosed after women feel a lump during self exam. Here's how:

### 1 In the Shower:

With the pads/flats of your 3 middle fingers, check the entire breast and armpit area, pressing down with light, medium, and firm pressure. Check both breasts each month, feeling for any new lumps, thickenings, hardened knots, or any other breast changes.



### 2 In Front of a Mirror:

First, with your arms at your sides, visually inspect your breasts, looking for any changes in the contour or shape of the breasts, any dimpling, swelling, or other skin irregularities on or around the breasts, or any changes in the nipples.

Next, rest your palms on your hips and press firmly to flex your chest muscles. Look for any dimpling, puckering, or other changes, particularly on one side. Note that the left and right breasts will not exactly match—few women's breasts are perfectly symmetrical.

### 3 Lying Down:

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and put your right arm behind your head. Using your left hand, move the pads of your 3 middle fingers around your right breast, covering the entire breast area and armpit.



1 1/4"  
perforated  
hole

# Let's Put Breast Cancer Out Of Work!



## Detection of breast cancer is good. But prevention of breast cancer is better.

We can reduce the preventable risks that add up to breast cancer and other diseases. Genes and family history account for no more than 35% of breast cancer risk. This means that we have the potential power to reduce most of the risks that add up to breast cancer and other serious, long-lasting health problems.

Family history, genes and high birth weight

Stress

Lifetime exposure to estrogen and progesterone

Unhealthy diet, excessive tobacco and alcohol use and not enough physical activity

Night shift work and second hand smoke

Hormone therapy

Radiation

Acrylonitrile  
Benzene  
Carbon tetrachloride  
Ethylene oxide  
Methylene Chloride  
Nitromethane  
Styrene  
Urethane  
Vinyl chloride

Benign breast disease and dense breasts

**WOMEN**  
*Know your power*  
**OF STEEL**

UNITED STEELWORKERS  
**USW**



**BLUEGREEN  
ALLIANCE**