

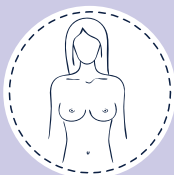
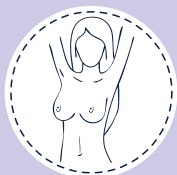
CARDS ARE WATERPROOF AND CAN HANG IN THE SHOWER.

# DetecTogether

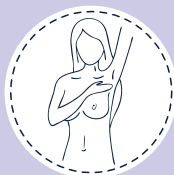
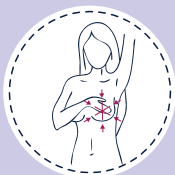
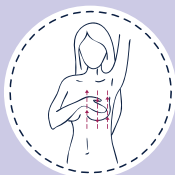
## Check Yourself

**Early detection is  
in your hands!**

*Do your exam at the same time every month, when breasts are not tender or lumpy. Post-menopausal women should do the exam on the same day every month.*

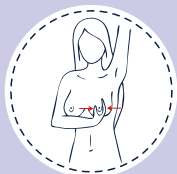


**IN FRONT OF A MIRROR EXAMINE YOUR BREASTS; NOTE ANY CHANGES (INVERTED NIPPLES; SWELLING; RASH; REDNESS; SORENESS; DIMPLED, PUCKERED, OR BULGING SKIN)**



**EXAMINE EACH BREAST FOR LUMPS USING AN UP & DOWN AND CIRCULAR/WEDGE MOTION**

**CHECK ARMPITS FOR LUMPS**



**SQUEEZE EACH NIPPLE;  
NOTE ANY DISCHARGE**

**REEXAMINE  
LYING DOWN**

**3 Steps Detect® is a simple roadmap to  
early cancer detection. [Learn more](#) ►**