



A Patient's Guide to BREAST EXAM

**Your body,
your choice**

**based on your
views, needs,
interests or
rights**

**without
coercion, threats,
or violence**

**with the support
person/people
you want**



WHAT

a visual and physical exam of the breasts and surrounding areas



WHO & WHEN

women aged 25-39 may be offered every 1-3 yrs
women 40 and older recommended yearly



WHERE

can be done in the radiology department in a hospital or clinic



EXPECTATIONS

- Patient will be asked to undress from the waist up and be given a gown to cover with
- A healthcare professional will palpate (feel with pads of their fingers) the breasts and surrounding area looking for abnormalities

