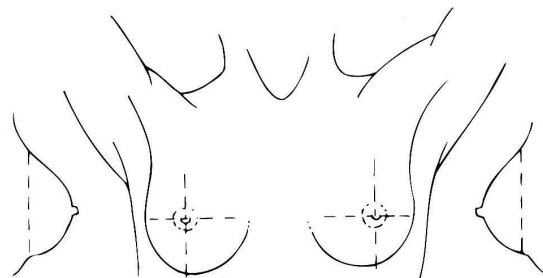




I've Found a Lump: Preparing for Physician's Exam

A woman who finds a lump in her breast is naturally frightened. Most women immediately think of breast cancer when in reality the majority of lumps are not cancerous. However, to make a definitive evaluation of the lump requires consulting a healthcare provider. When consulting a physician or nurse about a lump, be prepared to provide the following information:

- When did you find the lump? _____
- What size is the lump (size of pea, penny, quarter)? _____
- Describe the lump (soft, hard, movable, non-movable): _____
- Is the lump painful? Yes No
- Do you have a breast discharge also? Yes No
- At what time in your menstrual cycle was lump found? _____
- Have you observed it through a menstrual cycle? Yes No
If yes, did it get: softer harder smaller larger
- Is this the first time you have found a lump? Yes No
- How old are you? _____
- Previous mammogram? Yes No
If yes, when, where and what were the results? _____
- Previous breast biopsy? Yes No
If yes, when and what were the results? _____
- Family history of breast cancer? Yes No
- Mark location of lump on chart below:



Being prepared to answer these questions will allow your healthcare provider to effectively evaluate your breast lump or change. Remember, all lumps and changes need evaluation by a healthcare professional. This evaluation protects your good health and future.