

awareTM

BREAST SELF-EXAM PAD

Indication for Use

The AwareTM Pad is intended to be used as an aid for performing breast self-examination. The AwareTM Pad reduces friction and may provide for an easier and more comfortable exam. Your breast self-exam should be performed first with your bare hands and then with the AwareTM Pad. Read and follow the instructions included in this brochure for proper use of the AwareTM Pad.

Description of the AwareTM Pad

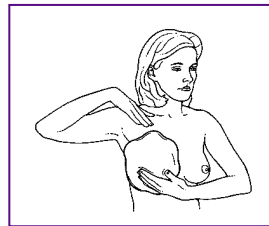
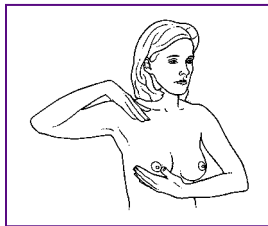
The AwareTM Pad is a medical device, which consists of two plastic sheets with liquid sealed in between. The AwareTM Pad reduces friction between your fingers and breast. The AwareTM Pad clings lightly to your skin. When you place your fingers on the AwareTM Pad and press firmly against it, your fingers will glide smoothly across your breast.

Directions for Use

Perform a complete breast self-exam using your bare hand. Then, drape the AwareTM Pad over your bare breast and repeat the breast self-exam. The top layer of the AwareTM Pad will move easily over the bottom layer because of the reduced friction. Illustrated guidelines for the breast self-exam with and without the AwareTM Pad follow:

Examination Including Use of the AwareTM Pad

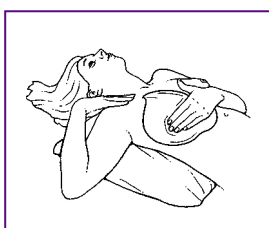
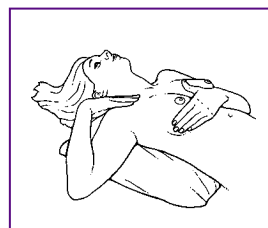
Breast self-examination should be performed both standing up and lying down. It is very important that your breast self-exam be performed with both the bare hand and with the AwareTM Pad. Be sure to take enough time to examine both breasts thoroughly.



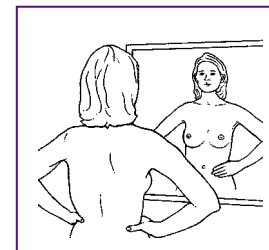
A. The first step of the breast self-exam should be performed while standing. Begin with a barehanded examination of your right breast with your right arm raised as illustrated. Raising your arm will ensure even distribution of breast tissue for a more thorough exam. Pressing firmly with your fingers flat, slide over every part of your breast and armpit, feeling for a lump or hardness. Once you have completed the barehanded exam, repeat the entire procedure with the AwareTM Pad. Holding the AwareTM Pad over your breast with your fingers flat, press firmly on the AwareTM Pad and slide over every part of your breast and armpit. Remember, you are feeling for a lump or hardness. Perform both the bare hand and AwareTM Pad exam on your left breast.

IMPORTANT

If you discover a lump, puckering, or discharge during either the barehanded breast exam or the breast exam using the AwareTM Pad, it is important that you see your doctor as soon as possible.



B. The second step of the breast self-exam should be performed while lying on your back. Place a pillow under your right shoulder as illustrated. Placing the pillow under your shoulder will help to spread the breast tissue over your chest wall. Raise your right arm and examine your right breast. Remember to examine every part of your breast and armpit, feeling for a lump or hardness. This exam should be performed both with and without the AwareTM Pad on both the right and left breasts.



C. The third and final step of the breast self-exam should be performed while standing in front of a well-lighted mirror. With your hands at your side, look for any skin changes such as dimpling or puckering. Then place your palms on your hips and press down firmly, flexing your chest muscles. Check again for any changes. Gently squeeze the nipple between the thumb and index finger to see if there is any discharge. Any discharge should be discussed with your doctor.

Why Is Breast Self-Examination So Important?

By examining your breasts regularly, you will become familiar with what is normal for your body. By becoming familiar with what is normal, you will also be able to recognize changes promptly. Any change should be brought to the attention of your doctor. Doing breast self-exams will help to give you peace of mind each month. But remember, breast self-exam is only one part of good breast health care. It is very important that you have regular clinical breast exams and mammograms as advised by your doctor.

When Is the Best Time to Examine Your Breasts?

You should examine your breasts once every month within a week after the end of your menstrual period. This is the time when your breasts are least likely to be tender or swollen. If you have stopped having periods, or if your periods are not regular, examine your breasts every month, preferably on the same day of the month. Choose a day that is easy to remember—perhaps the first day of the month.

IMPORTANT

It is very important that you understand three necessary components of a comprehensive breast-screening program.

- Breast self-examination (with or without the Aware™ Pad)
- Regular clinical breast exams by your doctor
- Mammograms

Breast self-examination with or without the Aware™ Pad is not a replacement for a mammogram or clinical breast exam by your doctor. It is very important that you have regular clinical exams and mammograms as advised by your doctor. Report any changes found either with your bare hand or with the Aware™ Pad to your doctor for proper evaluation.

How to Use Your Aware™ Pad

In order to use the Aware™ Pad, you should first become familiar with how it works. The following procedure, “How to Use Your Aware™ Pad”, is designed to provide you with a handy checklist to help you use your Aware™ Pad correctly at home.

1. Rub the Aware™ Pad between your hands to spread the lubricant inside the pad. This will also help to warm the Aware™ Pad to your body temperature.
2. Lay the Aware™ Pad over the area to be examined. Press down firmly on the Aware™ Pad with your fingers flat and move them over the area to be examined. The top layer of the Aware™ Pad will move while the bottom layer remains stationary. By reducing friction, your fingers concentrate on the perceived sense of shape.

3. Repeat this procedure until you are comfortable with how the Aware™ Pad is to be used.

Precaution:

Do not use the Aware™ Pad in the shower.

Normal breast tissue is composed of firm glandular tissue and soft fatty tissue which feels lumpy and bumpy. Variation in the lumpiness is directly affected by an individual’s menstrual cycle.

Routine breast self-examination should not be performed during ovulation times and prior to menstruation, since fluid retention in breast tissue results in lumpier, fuller breasts and increased tenderness of the tissue.

Changes to breast tissue that last beyond a full menstrual cycle or those that appear larger or more prominent should be brought to the attention of a physician.

Post-menopausal breast self-examination should be performed about the same time each month.

Weight gain or loss changes the amount of fatty tissue in the breast, which may change the contour and texture of the breast, so it is important to compare your breasts side by side for changes.

Performing breast self-examination in front of a mirror to view changes in skin dimpling and nipple characteristics may assist with detection of irregularities in breast shape.

Care and Storage:

If the Aware™ Pad becomes soiled, simply rinse with warm water and let dry. Store the Aware™ Pad at room temperature (59°F - 86°F).

This product makes no explicit or implied claim to find breast cancer, breast lumps, or any other type of breast disease.



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Directions for Use

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For more information, please see our website:

www.AwareBreastExam.com