

Fill out a chart, like the one shown here, when you examine your breasts. For any lump you find, mark

1. its location
2. its size (BB, pea, raisin, grape)
3. its shape (rounded or elongated)

Compare each record with the last one, and consult your health practitioner regarding any changes. A new or changing lump should be checked as soon as possible. Most such lumps will prove to be benign.

Today's date \_\_\_\_\_

