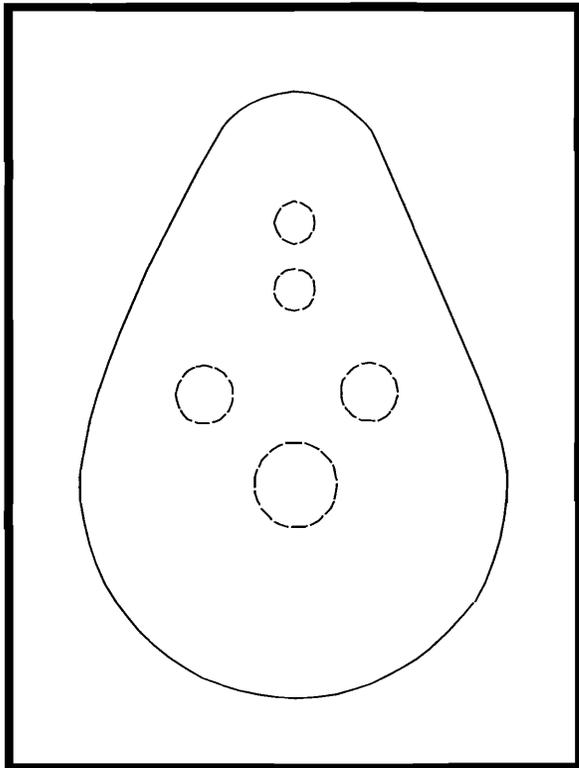


Interchangeable Nodules BSE Model



It is not possible to determine the exact nature of any tumor strictly by touch. Although many breast lumps are not cancerous, any lump should be examined by a healthcare professional. With early detection—through breast self-examination, clinical exams by a healthcare professional, and mammography—the chances of surviving breast cancer increase dramatically. All women should perform monthly breast self-examination (BSE). Women 40 and older should have a clinical breast exam every year. Younger women should have a clinical breast exam every 1–3 years. Women 40 and older should have a mammogram every year. Consult your healthcare professional for a mammography schedule that fits your specific needs.

Care Instructions

This model is made of BIOLIKE 2™ synthetic tissue and should be handled carefully. Treat the model as carefully as human tissue. To ensure maximum life of the model, follow these instructions. If necessary, powder the model lightly with talcum powder to give it a smooth feel. When needed, clean the model with a damp cloth, but avoid soaking the model in water. If the model gets heavily soiled, use alcohol to strip off any debris, and then lightly powder it. Do not allow the model to come into contact with ink or printed materials. Do not puncture the model with fingernails or other sharp objects. Always remove the nodules from the model before storing it in its protective case. Avoid exposure to heat and direct sunlight.

CAUTION: This model is for educational purposes only. Do not ingest.

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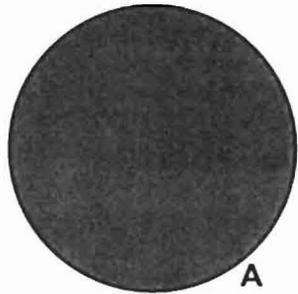
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Interchangeable Nodules BSE Model

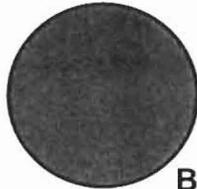
Directions

- The slipcover may be used to protect your teaching model from wear that could occur with heavy use. To clean the slipcover, remove it from the model, wash it with mild soap and water, and allow it to air-dry. The model may also be lightly powdered and examined without the slipcover. This method gives the most realistic simulation.
- Fifteen nodules are included with the model: two 3.5-cm nodules, two 2-cm nodules, three 1.5-cm nodules, three 1-cm nodules, and five 0.5-cm nodules.
- Several cavities are located on the back of the model. The 2-, 1.5-, 1-, and 0.5-cm nodules may be inserted into the cavities. The largest nodules (3.5 cm) should not be inserted into the cavities but may serve as a powerful visual aid to stress the importance of BSE and mammography in early detection.
- Examine the model while it is either lying on a flat surface or held over one of your own breasts.
- Use the flat surface of the three middle fingers to make overlapping, dime-size, circular motions on the breast tissue. Apply light, medium, and firm pressure to examine all levels of breast tissue.
- Many healthcare professionals recommend using the vertical pattern of BSE while lying down. Women may also use other patterns such as the circular or wedge patterns.
- Emphasize that mammography can detect very small lumps but BSE alone usually cannot.

LUMP DETECTION CHART



A



B



C



D



E

- A. Average-sized lump found by a woman untrained in BSE
- B. Average-sized lump found by a woman practicing occasional BSE
- C. Average-sized lump found by a woman practicing regular BSE
- D. Average-sized lump found by a first mammogram
- E. Average-sized lump found by regular mammograms

Instructions**Self-Exam Model
Slip Cover**

This *Slip Cover* may be used to protect your teaching model from wear, which could be associated with heavy use.

The *Slip Cover* may be washed individually or while on the model itself using mild soap and water. It should be patted dry.

The model may also be powdered and examined without the *Slip Cover*. We recommend this as the most realistic method.

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| 26502E | 26504E | 26505E | 26513 | 26513E | 26528 | 26528E | 26540 | 26540E |