

# How can BSE's & TSE's save your life?



## What are BSE's?

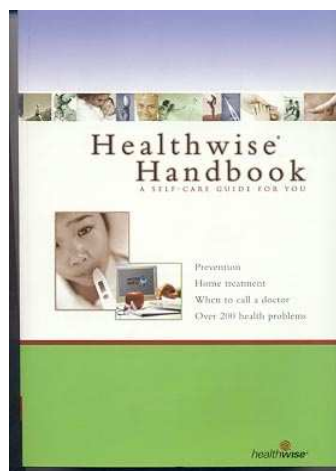
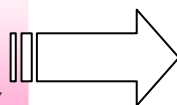
BSE stands for Breast Self Exam. It is important for women to do a breast self exam once a month. By detecting an irregularity in the breast early you can prevent breast cancer. BSE's should begin at the age of 20. It is important for women to be familiar with how their breasts look and feel, so they can detect any changes. The best time to do a breast self exam is just as your period ends. If you no longer have periods, do them on the first day of each month.

## How do I do a Breast Self Exam?



To perform a breast self exam lie down on your back with a pillow under your left shoulder. Use the pads of your three middle fingers on your right hand to examine your left breast. Press the three fingers lightly onto your breast using a circular motion. Continue with the circular motion making an up and down motion to check your entire breast. While making the circular up and down checks feel for any changes in your breast. Make sure to check the armpit and collarbone area. When finished checking the left side, repeat steps on the right side with the left hand. If you find a lump, remember that it does not mean you have cancer. Call your doctor and schedule an appointment.

You can find more information on Breast Self Exams and Testicular Self Exams in your Healthwise Handbook. For any other questions, you may contact your doctor.



**Don't forget these other great resources:** Your Healthwise® Handbook, the 24-Hour Nurse Line, Nurse Line Chat, Audio Health Information Library®, and [www.express-health.com](http://www.express-health.com) for more information.

## What are TSE's?

TSE stands for Testicular Self Exam. Men should do a testicular exam once a month. This test can help to detect any irregularities in the testicles. Men should start practicing testicular self exams anytime after the age of 15. Testicular cancer is one of the most common cancers among men ages 18 to 35. This form of cancer is also one of the most curable types of cancer if it's caught early.

## How do I do a Testicular Self Exam?



To perform a testicular self exam, stand in front of a mirror. Examine each testicle separately. Using both of your hands put your thumbs on top of the testicle and the pads of your index and middle fingers under the testicle. Roll the testicle gently between the thumbs and fingers. You should never feel any pain when doing a testicular exam. It is normal for each testicle to be a different size. If you find a lump in the testicle, remember that it does not mean you have cancer. Call your doctor and schedule an appointment.