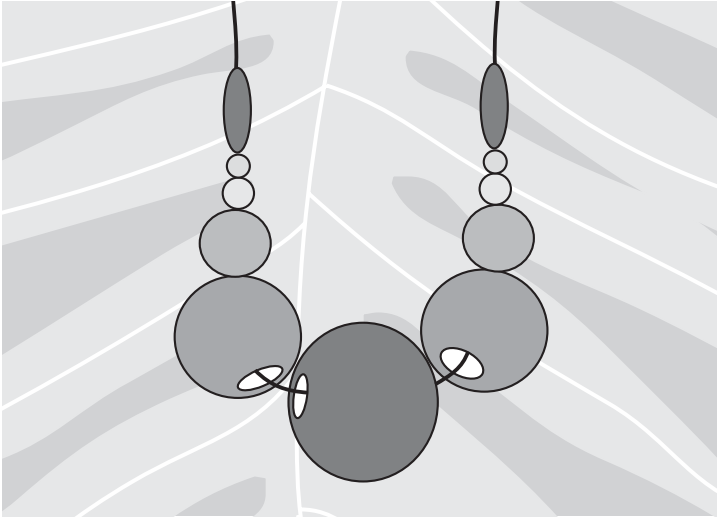


Share A Moment With Someone You Love




Recommendations for Breast Health Care


Age	Recommendation
Under Age 40	Monthly breast self exams (BSE) Yearly Clinical breast exam by a doctor or nurse
Age 40 - 49	Monthly breast self exams (BSE) Yearly Clinical breast exam by a doctor or nurse Mammogram every 1 - 2 years
Age 50 or Over	Monthly breast self exams (BSE) Yearly Clinical breast exam by a doctor or nurse Mammogram every year


This project was funded by the Centers for Medicare & Medicaid Services and provided by 'Imi Hale ~ Native Hawaiian Cancer Network as an educational tool on the importance of early breast and cervical cancer detection through self-exams and screenings.

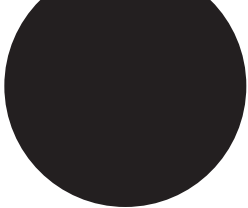
The round beads on the necklace are the size of breast lumps found by mammography, clinical breast exams and breast self-exams

Average size lump found by a first mammogram 5 mm (actual size) 

Average size of a lump found by a doctor or nurse during a clinical breast exam 8 mm (actual size) 

Average size of a lump found by a woman who does monthly breast self-exams 16 mm (actual size) 

Average size of a lump found by a woman who occasionally does breast self-exams 25 mm (actual size) 

Average size of a lump found by a woman uninformed about breast self-exams 32 mm (actual size) 

The cylinder bead serves as a reminder to get an annual Pap Smear—important in early cervical cancer detection



Halehukī circa 1940

‘Imi Hale

**Native Hawaiian Cancer Awareness
Research & Training Network**
A Program of Papa Ola Lōkahi

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