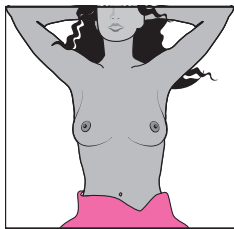
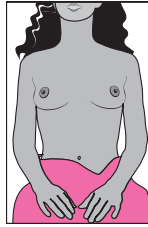


Love Yourself.

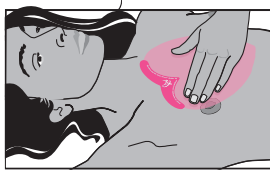
Breast Self-Examination Using the LIV[®]aid

First, Look.

1 Look into the mirror with your arms at your sides. Do you notice any change in the shape? Any swelling? Do you notice any skin changes such as dimpling or puckering or an "orange peel" look to your skin?

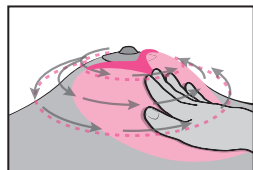


2 Next, look again for any changes with your arms held over your head. Does it look normal for you?



Then Feel.

3 Now lay down to flatten out your breast tissue. It is best to place a small pillow under your right shoulder. Put your right arm behind your head so that you can easily examine the area under your armpit. Place the LIV[®] over the area of the breast tissue you want to examine first. Glide your fingers over the LIV[®] in a circular motion, pushing down slightly. Once you examine the entire area that is covered by the LIV[®], move the LIV[®] to the next area. It is important to examine the entire breast area.



CONTINUE TO STEP **4**

It takes a little time to get used to the LIV[®]. If you self-exam for the first time and you use the LIV[®] chances are you don't feel much. So, don't get discouraged. After using the LIV[®] several times you will start to notice how well it works.

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Now Repeat.

4 Repeat the entire exam 3 times increasing the pressure each time. You should do your exam using light, medium and firm pressure.

1Light **2**Medium **3**Firm

Next remove the pillow and put it under your left shoulder. Repeat all of the steps to examine your left breast.

When to perform a breast self-examination

- ♥ Around the same day every month!
- ♥ 2 to 4 days after your period has ended because your breast tissue will be less swollen.
- ♥ If you've reached menopause, or are experiencing irregular periods, pick the same calendar day each month to do your self-examination.

Why self-checking matters

Throughout a woman's life, her breast tissue goes through many natural changes; such as menstruation, puberty, pregnancy, breast feeding, menopause, and normal weight changes. There can be lumpiness, swelling, and discomfort, unique to each woman. It is important to be aware and know what is normal for you, so that you have a better chance of recognizing changes. Immediately discuss any changes with your doctor. Every woman's breasts are as unique as the woman herself, it is important to know what is normal for oneself.

Important

There are three necessary components of a comprehensive breast-screening program.

- 1 Breast self-examination (with or without the LIV[®])
- 2 Regular clinical breast exams by your doctor
- 3 Mammograms

Breast self-examination with or without the LIV[®] 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 the LIV[®] exam to your doctor for proper evaluation.

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

SPECIFIC USE DISCLAIMER: There is no guarantee that the LIV[®] will detect breast cancer, lumps or any other breast abnormality or disease. Breast self-examination is not a substitute for regular medical examinations and are only a part of good breast health care. Clinical breast examinations and mammograms should be regularly performed by a qualified physician. Changes found during breast self-examination should be promptly reported to your physician for proper evaluation. Women with prior breast health problems or disease should rely primarily on more frequent clinical examinations by a qualified physician. Women with reconstructive surgery of the breast or breast implants should consult with their physician before using this product.

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J F M A M J J A S O N D

PUNCH OUT EACH MONTH.