



**OUTCOME:**

Provide women with breast self-exam cards tailored to your community.

**KEYS TO SUCCESS:**

- Include your organization’s contact information on the cards.
- Quotes from women in your community about the importance of self-exams help personalize the cards.
- Provide reminders about regular screening and mammograms on the back of the cards.
- Use culturally appropriate graphics and images to make the cards more appealing.
- Including breast health facts and statistics specific to American Indian and Alaska Native women help make the cards more culturally appropriate.

**BREAST SELF-EXAMINATION CARDS**

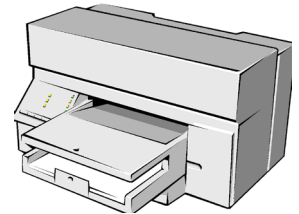
Breast Self-Examination (BSE) Cards can be made to hang in the shower or on a door to help promote breast health awareness. Custom shower cards provide both written and visual guidelines for women to follow. These cards are a great tool to educate women in your community about breast self-examination and remind them of the importance of regular mammograms.

**INGREDIENTS:**

- Waterproof paper OR heavy paper and access to laminating service (work with a local printer if possible)
- Printer
- Computer with Microsoft Word
- Guidelines for breast self-examinations

**PREPARATION:**

Step 1: To create your cards, include your agency’s suggested steps for breast self-examination or use text from other self exam shower cards that your agency distributes.



If you need additional suggestions, Susan G. Komen for the Cure® provides steps and additional information about breast-self examination at: <http://ww5.komen.org/BreastCancer/BreastSelfExam.html>.

Step 2: On the back of the cards, include contact information for your agency, including information on how to schedule a screening appointment.

Step 3: You can create your own cards from scratch, or use the shower card template available on the WEAVING Project website.

ENCOURAGE WOMEN TO RECEIVE REGULAR MAMMOGRAPHY SCREENING IN ADDITION TO DOING BSE.



CONTACT YOUR LOCAL SUSAN G. KOMEN AFFILIATE OFFICE FOR BREAST SELF-EXAMINATION RESOURCES.



**Step 4:** If you don't have the option to create your own shower cards, you can print your agency-specific information on address labels and attach them to cards you receive from organizations like Susan G. Komen for the Cure® or the American Cancer Society.

**TIPS:**

- You can either cut out a hole at the top of the card large enough to slip over the shower head or a door knob, or punch a small hole at the top and attach a pink ribbon to the card for hanging.
- If you don't have access to waterproof paper or laminating service, you can make the cards out of heavy paper and encourage women to hang them from the bathroom door knob.

CHECK OUT THE WEAVING PROJECT'S BSE TEMPLATE FOR PERSONALIZATION IDEAS.

**SHARING THE RESULTS:**

Hand out the shower cards during Saturday screenings, women's wellness services, Elders luncheons, or other agency events. Remind women that breast self-awareness is important and that women should also receive mammograms and regular screening for the best early detection.

