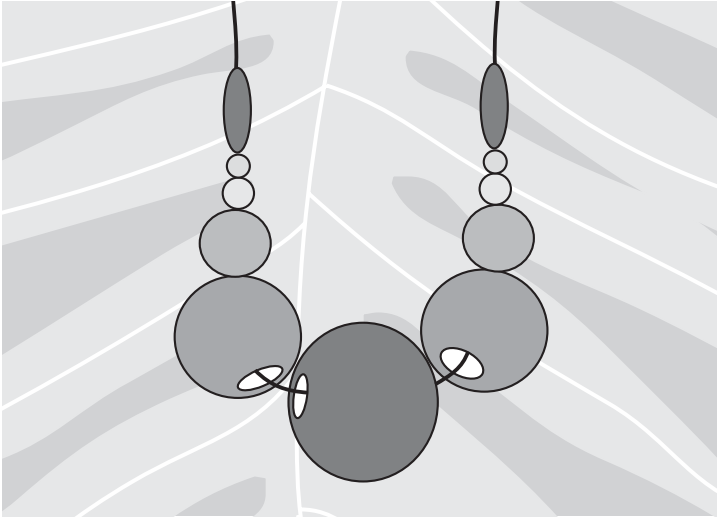


Share A Moment With Someone You Love




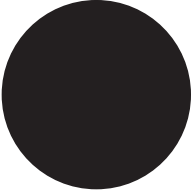
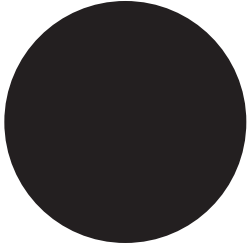


Recommendations for Breast Health Care

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

894 Queen Street • Honolulu, HI 96813