

SensiFemme MAMMARY SELF-EXPLORATION GLOVE

The Sensifemme glove is an appliance for the mammary self-exploration use, made with Pharma grade materials. Increases sense touch, by a simple and hygienical method.

Mammary self-exploration is a technique that consists of your own palpation and observation that all women should do monthly to detect any anomaly or change in their breasts.

This self-exploration is specially important for an early detection of breast cancer. Any alteration that you find in your breasts must be consulted to a specialist.

REF. SF001



To use the self-exploration glove you must follow the following steps.

It should be done once a month, between 7 or 10 days after ending the menstruation. During and a few days before the menstruation breasts may have pain or/ and swell. Pregnant women or those who have gone over the menopause can set a concrete date of the month for self-exploration, recommended to always be the same one. Breastfeeding mothers should do it after feeding the baby.

Women with breast implants should visit their surgeon for help to distinguish between implant and mammary tissue.

Breast observation:



1. – With your arms hanging down at both sides of your body, observe your breasts. Focus on their volume, and skin texture, appearance and colour. Breasts must have a smooth and regular outline. If you observe rough skin with folds or a texture similar to an orange, consult your doctor.



2. – Put your arms up and compare your breasts, observe if there are differences in both underarms.



3. – Put your hands at the height of your shoulders, take your hands and make strength pulling outwards to tense the muscle so you can see better any alteration.



4. – With your arms down at both sides, examine your nipples and areolas. Observe if there are any differences in shape and size and if there are lumps or scabs.

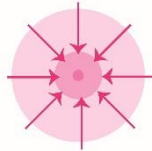
MAMMARY PALPATION:

Try to always keep the same order of palpation without passing from one zone to another.

Left breast. Lie down upwards: lift your left arm putting your forearm under your head. Put the glove on your right hand so that the side containing the oil leads to the left breast. Put the glove over the breast without moving its position; with your right hands fingers together and straight, go through the left breast with the following movements



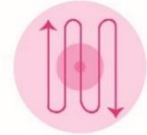
Spiral



Radial



Circular



Upwards and Downwards lines

When finished, without changing position, explore your left underarm.

It is advisable to be very careful with the exploration of what is called: "*external quadrant Supero*" of the breast. It is the nearest part of the axilla and in this zone is where more than half of the breast cancers are found.

To explore the right breast you must do the same as the left one. If you have any doubt about the technique, ask your doctor.

RESEARCH ABOUT THE INCREMENT OF THE SENSE- TOUCH WITH THE SENSIFEMME GLOVE:

Objective: determine the capacity of increasing the sense-touch (sensitivity) of the fingertips using the mammary exploration glove.

Method: the research has been done with 15 volunteers ages from 20 to 60...who had their eyes covered. Using silica and carbon reactive microspheres sized between 0,4mm and 1,4mm.

The volunteers had to touch and feel the particles with bare hands and after, with the glove.

Conclusions: Among 93,2% (right hand) and 100% (left hand) of the cases increased 3,3 times the sense -touch.

Among 53,3%(right hand) and 67% (left hand) of the cases increased 6,6 times the sense touch.

Among 20% (right hand) and 14% (left hand) of the cases increased 8,3 times the sense touch

Another conclusion that resulted was: the smaller the particle was more capacity has the Sensifemme glove to magnify sensibility.

That makes it very appropriate for early detection of small breast lumps.

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