

SensiFemme

MAMMARY SELF-EXPLORATION GLOVE

Read carefully the usage instructions.

The mammary self- exploration is a technique that consists in your own palpation and observation that all women should do monthly to detect the appearance of any anomalous change in your breasts. This self-exploration is mainly important for an early detection of breast cancer. Any change or alteration found in your breast must be consulted to your doctor.

1. WHAT IS THE SENSFEMME GLOVE AND WHAT IS IT FOR?

The SensiFemme glove is an appliance for mammary self-exploration. It is made with pharma grade/form materials prepared to increase remarkably its touch-sensitive, and by a simple, hygienic and effective way, to sense the mammary tissues.

2. HOW TO USE SENSFEMME MAMMARY SELF-EXPLORATION GLOVE?

Before the first exploration with the Sensifemme glove we recommend a detailed examination of the breasts to have a perception of a normal aspect and consistency, so it will let you identify possible anomalies later on. As a norm, the mammary self- exploration should be done once a month, between 7 and 10 days after ending the menstruation. Through and before the menstruation there is a possibility to have pain and/or swelling. Pregnant women, or the ones that have gone over the menopause can set a concrete day of the month recommended to always be the same one.

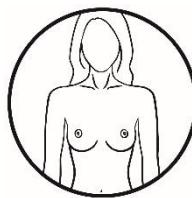
Breastfeeding mothers must do it after giving breast milk.

Women with mammary implants should go to their surgeon for help to tell the difference between implant and mammary tissue.

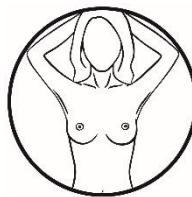
STEP 1: BREAST OBSERVATION

Every self-exploration must be done in a paused and mindful way.

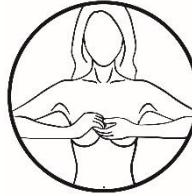
For a correct self-exploration with the glove you must follow the following steps:



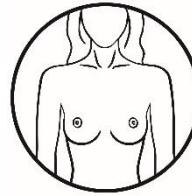
1. - With your arms hanging down at both sides of your body, observe your breasts. Focus on their volume, outline and skin texture; its appearance and colour. Breasts must have a smooth and regular outline. If you observe rough skin with folds or a texture similar to an orange, consult your doctor.



2. - Put your arms up with your hands on your head and compare your breasts. Observe if there are any differences in both underarms



3. - Put your hands at the height of the shoulders, take your hands and make strength pulling outwards to tense the muscles 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 or size, and if there are lumps, scabs or skin lesions. Squeeze smoothly the nipples to see if there is any fluid secretion. In that case remember its aspect, (transparent, milky or bloody) so you can tell your gynecologist.

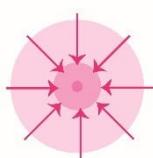
STEP 2: MAMMARY PALPATION

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 of the glove containing oil leads to the left breast. Put the glove over the breast without moving its position; with your right hand fingers together and straight, go through left breast in the glove pocket with the following movements:



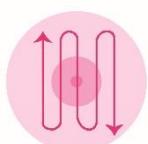
SPIRAL



RADIAL



CIRCULAR



UPWARDN AND DOWNWARD LINES

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

It is advisable to be very careful with the exploration of what is called the: "external quadrant" of the breast. It is the closest part of the underarm/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.

3. WARNINGS AND PRECAUTIONS:

Self-exploration does not replace your regular visits to your gynecologist and periodic mammographies.

Sensifemme glove is reusable. It can be washed with neutral soap. Dry it with a soft and clean towel. It lasts more or less 18 months.

Be careful with long fingernails, and sharp objects, they can damage the glove.

Keep away from strong heat like stoves, heaters, fire or solar radiation.

Do not step on it nor compress it.

Keep away from children.

Keep in a dry, clean and fresh place.

The SensiFemme glove is served with an external protective film, before the first use it must be washed with warm water and neutral soap.

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