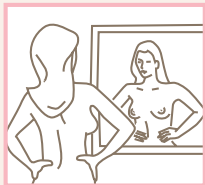


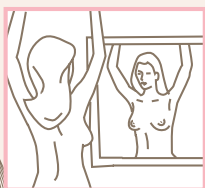
# Quick Reference Guide

Keep in pouch with your Liv™ Examination Aid as a handy reference.

## LOOKING



1. With your hands at your side, look for any shape changes or skin changes such as dimpling or puckering or an "orange peel" appearance to the skin.



2. It is not unusual for one breast to be larger than the other. You should learn what is normal for you so that you can immediately spot any changes. Do this again with your arms raised above your head.

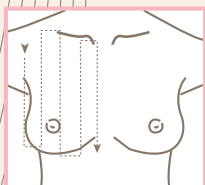
## FEELING



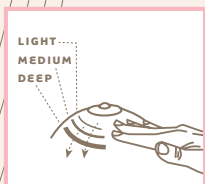
3. The breast self-examination should be done with the pads of your index, middle, and ring fingers, not your fingertips.



4. Lie on your back with a small pillow or rolled towel under your right shoulder to ensure even distribution of breast tissue. Place your right hand behind your neck or head.



5. Placing the Liv Examination Aid over the area to be examined, follow the grid method, making small, continuous circles with your hand over the entire breast, armpit, and associated area. Keep your fingers in constant contact with your skin.



6. When performing this process, start by pressing gently, then more firmly, and, finally, a little firmer still.