



100 Ridgefield Ct., Suite C  
 Asheville, NC 28806  
 828-670-1876

An affiliate of Hope-A Women's Cancer Center

## Personal Breast Exam Record

YEAR \_\_\_\_\_

| Age   | Breast Self Exam                                   | Mammography            | Physical Exam     |
|-------|--|------------------------|-------------------|
| 20 +  | Once a month, 7-10 days after onset of menstration | none required          | Every three years |
| 35-39 | Once a month, 7-10 days after onset of menstration | One baseline mammogram | Every three years |
| 40+   | Once a month, 7-10 days after menstration          | Every year             | Every year        |

| Monthly Breast Self-Exam Record |             |
|---------------------------------|-------------|
| Month                           | Date of BSE |
| JANUARY                         |             |
| FEBRUARY                        |             |
| MARCH                           |             |
| APRIL                           |             |
| MAY                             |             |
| JUNE                            |             |
| JULY                            |             |
| AUGUST                          |             |
| SEPTEMBER                       |             |
| OCTOBER                         |             |
| NOVEMBER                        |             |
| DECEMBER                        |             |

**CONCERNS/NOTES:**

MAMMOGRAM  
 APPOINTMENT DATE:

PHYSICAL EXAM  
 APPOINTMENT DATE: