



Women with Disabilities and Regular Clinical Breast Exams (CBEs) Messages

- ✓ A clinical breast exam (CBE) is a physical exam done by a health care provider. It is often done during your regular medical check-up.
- ✓ A CBE should be performed by a health care provider well trained in the technique (this may be a physician, nurse practitioner or other medical staff).
- ✓ The provider will visually check your breasts while you are sitting up and physically examine your breasts while you are lying down.
- ✓ Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
- ✓ Ask your health care provider how often to have a clinical breast exam or other tests if you are at higher risk.



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