

how to use your breastlight

enlightened breast awareness



breast awareness

Most women look out for changes in their breasts – both by feeling for lumps and looking at them carefully. It is something that is an important part of taking care of your body. Indeed, doctors recommend that women make an effort to know how their breasts look and feel normally. This is often called “breast awareness”.

Most women know that they should check for lumps that are out of the ordinary. However there are other changes to your breasts that you should look out for as well.

These include:

- A change in the size or shape of your breast
- A change in the skin – particularly dimpling or puckering
- A change in the appearance of the nipple or a discharge from the nipple
- Breast pain that does not go away after a period
- Lumpy areas or thickening of the breast tissue

If you notice any changes you should ask your doctor about them as soon as possible. They may well be harmless but your doctor will be able to reassure you.

Most new lumps or other breast changes are not serious and can be easily treated if necessary. Should they prove to be cancer then there is a very good chance of successful treatment.

And the earlier any problems are found, the better the chances. That is why it is important to be “breast aware” and to be on the look out for any changes.

getting started

Breastlight is a new health and wellbeing product for women. It helps women notice any changes in their breasts over time.

With Breastlight you get a new view of your breasts. Breastlight shines a powerful light through the breast tissue so that you can see some of the details inside. That way you can get to know what's normal for you, spot any changes and hopefully feel more confident that you're looking after your body the way you'd like to.

Breastlight is a simple and easy to use product. However we do strongly recommend that you take some time to read through these instructions and keep them for future reference.

Important things to remember are:

- Charge your Breastlight before you use it
- Make the room as dark as possible
- Hold Breastlight under one of your breasts and look down
- Keep your Breastlight pressed tightly against your skin
- Use a mirror so you can see more
- Check all areas – including under the arms and high on the chest

PLEASE NOTE:

Breastlight should be used as an additional part of your normal breast awareness routine. It is not a replacement. Women who are invited for a routine breast screening are strongly advised to attend.

Breastlight is not a substitute for mammogram screening.

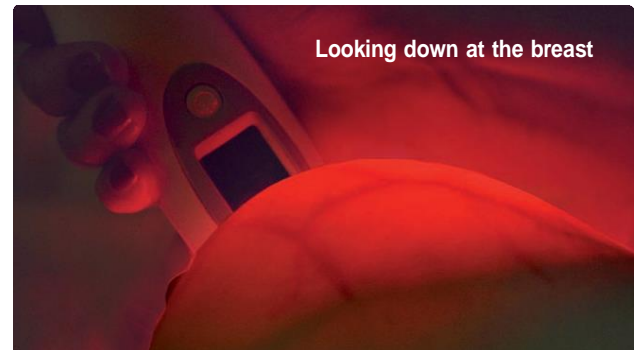
More information can be found on our website www.breastlight.co.uk

what you will see?

You will see veins and other blood vessels as dark lines in your breast. These are totally normal.

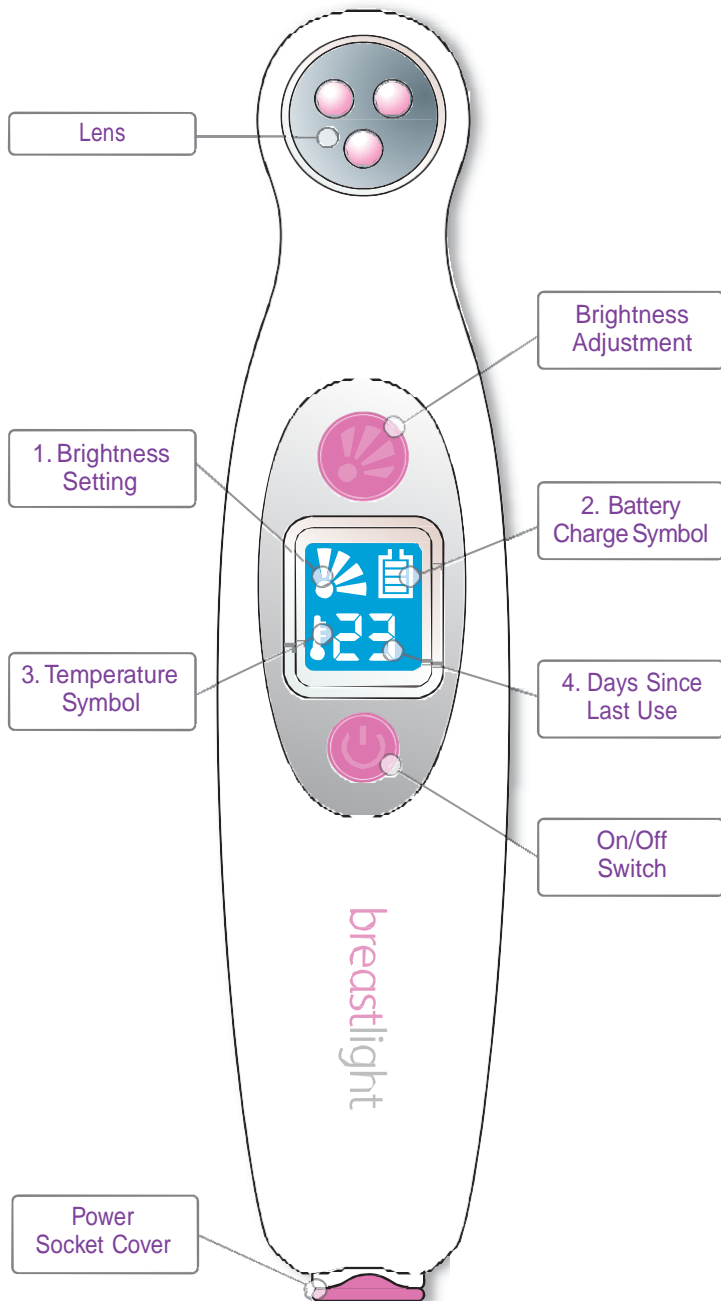
Around the nipple you may see a circle of small dots – these are part of your mammary glands. These are also totally normal.

These pictures are examples of normal healthy breasts.



Over a number of months you will learn what your breasts look like when lit by your Breastlight. This internal view will become as familiar to you as the look and feel of your breasts on the outside.

As with all the aspects of breast awareness, the important thing is to look out for any changes.



how to use your Breastlight

THE DISPLAY PANEL

There are four symbols on the display

1. The brightness setting indicator shows you the level of brightness that you have selected. There are four settings to choose from.
2. The battery charge symbol will show you how much battery life is left and will flash when the battery needs charging.
3. The high temperature symbol will only come on if the product has overheated. In this unlikely event the unit will cut out, the symbol will flash until Breastlight has cooled down sufficiently and is ready to use again.
4. The days since last use indicator shows how many days it has been since you last used your Breastlight. You may find this useful as a reminder.

Before you start

You'll need to charge your Breastlight before you use it. Plug the power lead into the socket on the end of the handle.

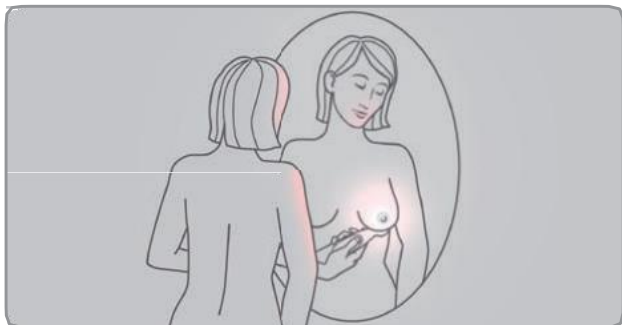
A charge of about 4 hours will be needed the first time. When the battery is fully charged the battery charge symbol on the display panel will stop moving and all the bars will be lit.

how to use your Breastlight

- 1** Find a room in the house where you can turn off the lights and make it as dark as possible. The darker the room, the easier it is to use Breastlight.

It is good to be able to see yourself in a mirror as you use the product – so make sure there is one in the room that you can see.

Make yourself comfortable – sitting or standing are both fine.



- 2** Most women find it more comfortable to use a lubricant, which allows the lens to slide across the skin more easily. Apply the lubricant liberally over the entire breast. You will be able to wipe off any excess after you have finished the examination.

Only use water-based lubricants with Breastlight. Oil-based lubricants (such as baby oil or petroleum jelly) may damage your Breastlight.

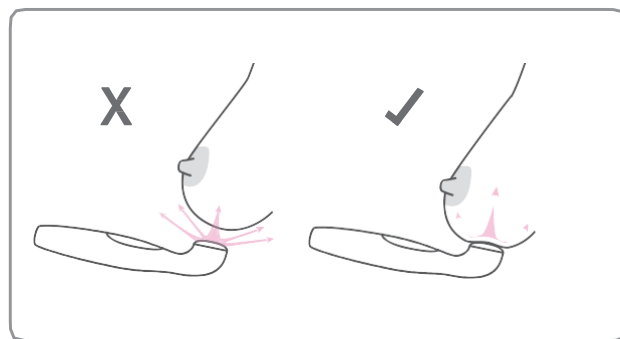
A sample of the specially formulated Breastlight Lubricant is included in the pack. It is also available to buy on our website www.breastlight.co.uk

Do not use the lubricant supplied if you are allergic to any of the ingredients.

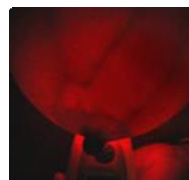
- 3** Turn off the lights and wait for a couple of minutes to allow your eyes to get used to the dark.

Turn on your Breastlight. It will switch on at a low light level so as not to dazzle you. The light will increase to full power only when it is in contact with your skin.

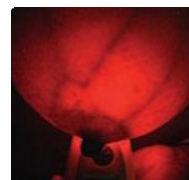
Hold Breastlight underneath one of your breasts and push it firmly against the skin. If you have a good light seal there will be no significant escape of light from under the breast and the breast itself will suddenly appear brighter. The dark lines are veins and other blood vessels in silhouette.



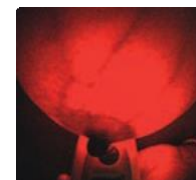
- 4** There are four different brightness settings. Use the top button on your Breastlight to change the brightness level. Generally larger or firmer breasts will require a higher brightness setting. Try all the brightness settings until you find the setting that is right for you. If the light is too low then you will not be able to see the veins in your breast. If it is too high you won't be able to see the fine details.



Too Dark

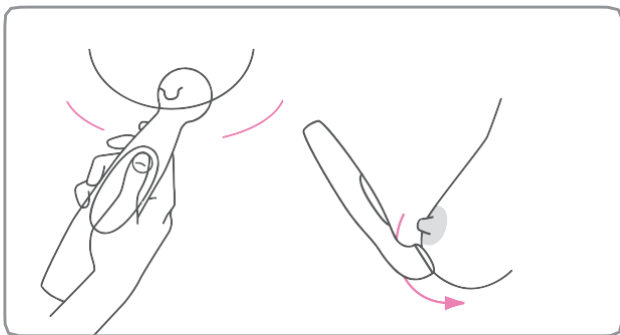


Correct Level



Too Bright

- 5** Slowly move Breastlight around and you will be able to see other parts of your breast. You should continue to do this until you have seen as much as you can.

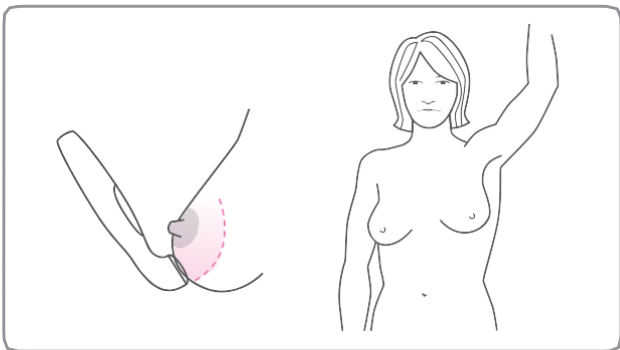


Use your other hand to hold your breast as you move Breastlight around. This will help you keep the lens pressed firmly against the skin. As you move around you may find it easier to switch hands as you change position.

- 6** The breast tissue goes right around under the arms and high up on the chest toward your shoulder – so be sure to look here as well.

By either looking down on your breast or at the reflection in the mirror you will get a good view of all these areas.

Take time to check all areas of your breast, including the area just behind the nipple.



There is no set way to complete the examination.

There is quite a variation in breast shapes and sizes and you know yourself best. Just make sure that you have a good look around.

- 7** When you have finished looking at one breast you should then look at the other.

Once again you may find it easier to do this if you switch hands and hold your Breastlight with the other hand to continue the examination.

THE LIGHT

BreastLight uses touch sensor technology to ensure that the light is only at full power when the lens is in contact with your skin. The touch sensor needs time to reset itself when you switch Breastlight on, so wait for a couple of seconds before placing it against your skin.

Do not look directly into Breastlight when it is at any of its bright settings. This will not cause any permanent damage, but may cause a temporary dazzling effect.

Breastlight emits light at a visible wavelength. This is completely safe and will not cause any damage to your skin or breast tissue.

Due to the power of the light, BreastLight will become slightly warm during usage. This is not a cause for concern.

HELP LINE

If you have any questions about Breastlight or if you are worried about using the product you can call our help line. A nurse qualified in breast care will be able to answer your questions.

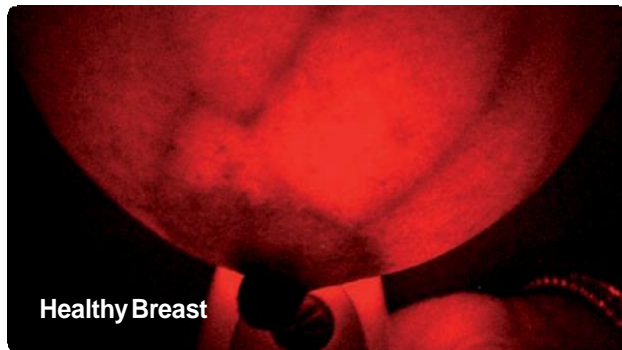
Just call her on **0845 251 4448**. The help line is open from 9 am until 11 pm every day.

what should I look out for?

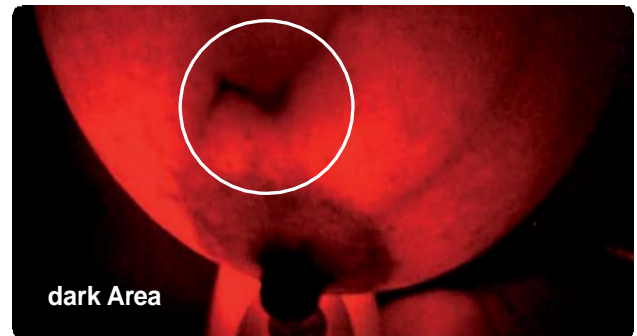
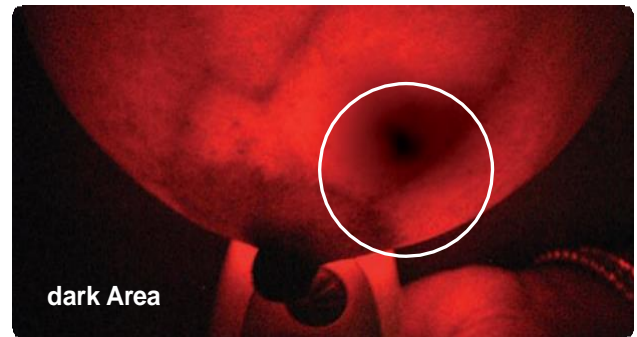
When you are looking at your breasts with Breastlight you may see some dark spots or shadowy areas.

It is possible that these are abnormalities in the breast. If you see these you should go to your GP for advice.

These pictures are some examples of what to look out for*.



**NOTE - these pictures have been created for illustrative purposes only and are not clinical photographs. Examples of clinical photography can be found on the website.*



It is important to check out **any** suspicious signs for your peace of mind. Whether it is a lump that you feel, a strange change in the nipple or a dark shadow seen with Breastlight you should follow up with your doctor.

Remember that not all abnormalities are cancerous. In fact in about nine out of ten cases it will not be a cancer but a minor condition that can easily be treated.

The key thing is to go and see your doctor straight away if you notice any changes or abnormalities. Having it checked out as soon as possible could save you needless worry. And if the lump proves to be a cancer then you will have the best possible chance of successful treatment.

Great improvements are being made in the treatment of breast cancer and as a result, the number of breast cancer survivors continues to increase.

the science behind Breastlight

Breastlight is designed to maximise light transmission through the breast tissue. Even so, only a small fraction of the light will pass through completely – and this is what you will see when you use the product. That's why it's important to use Breastlight in a very dark room.

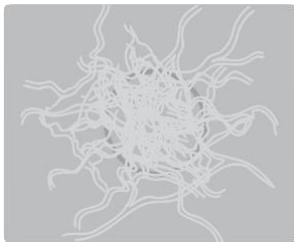
The red/orange light is designed to give the optimum contrast and enables you to see the maximum detail. All of the light from Breastlight is visible and you can use Breastlight as often as you like with no harmful side effects.

When the light hits a blood vessel in your breast it is absorbed by the haemoglobin in the red blood cells. This makes the veins in your breast appear as dark lines.

Why should I check out any dark areas?

In the early stages of some types of malignancies there is an increase in the blood flow to the area. New blood vessels are formed in a process called angiogenesis.

Angiogenesis around a small malignancy



Mass of chaotic blood vessels around a malignant lesion



Photograph of a malignant lesion illuminated by Breastlight

This increase in the number of small vessels may cause a dark shadow or dark area when Breastlight is used.

other important points

Whilst Breastlight is a valuable aid to breast awareness, Breastlight is not capable of detecting all sizes, positions and types of breast abnormalities. It is not intended for use as a diagnostic device.

PWB Health makes no claim that breast cancer, breast lumps or other breast diseases will be found when using Breastlight.

Breastlight may highlight a potential abnormality that subsequently turns out to be normal or requires minimal medical intervention. For example blood filled cysts and haematomas will appear as dark areas. However we would recommend that any suspicious signs are investigated by a doctor.

Breastlight is not suitable for use when breast feeding.

Breastlight can be used by women with implants and following lumpectomies.

If in doubt please seek the opinion of a medical professional.

batteries and power

Breastlight is powered by a rechargeable battery. Before the first use, it will need to be charged for 4 hours.

When the battery is fully charged the battery symbol on the display will stop moving and all the bars will be lit.

The power lead is plugged into the socket at the end of the handle.

A very bright light is crucial for Breastlight. If the power in the batteries is too low then the lamp will cut out. If you don't have the time to wait for the battery to charge then you can use Breastlight by plugging it into the mains using the charger.

Please do be careful not to trip on the lead – especially as you will be using the product in the dark!

If you are not using your Breastlight it will automatically turn off after 1 minute to conserve the battery. If this happens, simply press the ON/OFF button to continue your examination.

Only use the charger supplied with the product.

cleaning and care

BreastLight may be cleaned using a dry tissue or slightly damp cloth. We would recommend that you have the power socket cover in place during cleaning.

- BreastLight is not a waterproof device
- Do not use BreastLight in the shower or in the bath
- Do not immerse it nor rinse under a tap

environment

Do not throw the appliance away with the normal household waste at the end of its life but hand it to an official collection point for recycling. By doing this you will help to preserve the environment.

Always remove the battery before discarding the appliance. To find out how to do this visit the website at www.breastlight.co.uk

guarantee and service

If you need information or if you have a problem please visit the website at www.breastlight.co.uk or phone the helpline.

my notes

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