

Breast Health

While BFRIN does not offer medical advice, our organization provides information that may be helpful in Breast Health Self Awareness. Early detection and effective treatment for breast cancer have been shown to improve survival.

Our Breast Health Self-Awareness Module is incorporated into a Bra Fitting Session either on-site at your location or ours. Mention the "BHBF Module" when scheduling.

For individuals, please call to schedule the BHBF Module in your home, along with a group of 10 or more women.

For corporations, you may schedule the BHBF Module with a minimum of 25 employees. No crowd is too large.

During the BHBF Module we will discuss:

- Breast Cancer Statistics
- Early Detection
- Risk Factors
- Racial/Ethnic Differences
- Warning Signs
- Questions to Ask Your Dr.
- Financial Resources
- Treatment Choices
- Cancer Treatment Resources
- Benign Breast Problems
- Breast Cancer In Men

Breast health for women born with significantly uneven breasts is also discussed.

Bra Fittings held during this time help the 80-85% of women who are wearing the wrong sized bra. The following 5 areas are direct indicators that a woman falls within that percentile:

1. **Spillage** - If your breasts spill over the top or sides of your bra
2. **Puckering** - If the cups wrinkle or pucker
3. **Riding Up** - If your bra creeps up in the back and does not fit snugly
4. **Jutting** – If the band/underwire isn't flush against your rib cage
5. **Grooves** - If the straps dig into your flesh

In private dressing rooms (portable/private that we bring to your site), our Certified Fitters will take your accurate measurements. You can then take those measurements to an outside vendor for bra purchasing or order the perfect bra from BFRIN!

All donations and proceeds benefit bereaved families in the community. Please see our website or give us a call for more information: www.bfrin.org 610.609.1521