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The Liv Aid: Questions & Answers

What is The Aid?

The Aid is a safe, simple, patented and FDA-cleared medical device that makes clinical and breast self-examinations easier to perform, more effective and more comfortable. It comes in the form of a heart shaped thin silicone pillow filled with a non-toxic lubricant. The Aid increases sensitivity by reducing the friction between the fingers and the breast so that the sense of touch is enhanced and the feel of any lump or bump is significantly magnified.

What are the benefits of the Aid?

The Aid enables women to become familiar with their breasts and to learn what is "normal" for them, enabling them to notice any lumps, bumps or changes in breast tissue at an early stage so they can then contact their health care provider for a clinical exam. It raises their confidence about performing self-exams and helps them detect changes more easily.

How does the Aid work?

It is placed over the breast during the monthly breast exam. One layer rests on the skin while the top layer allows the fingers to glide smoothly over the breast area via the liquid inside. This reduces the friction between the fingers and breast and enhances the sensitivity of the touch so that every lump and bump feels magnified.

Who should use the Aid?

The Aid is an ideal addition to the breast examination process for women over 20 and for health care professionals conducting clinical breast exams. The Aid should be used as an integral part of the three-step, lifelong breast care program currently recommended by many major health care organizations. This recommended program includes monthly breast self-exams beginning at age 20; regular annual clinical breast examinations by a health care provider starting at age 20; and annual screening mammograms beginning at age 40.

How do you use the Aid?

In summary, a proper, comprehensive breast self-examination includes standing in front of a mirror and visually inspecting your breasts; followed by lying down to flatten out the breast tissue and feeling your breast and the breast tissue area under the armpits. After lying down, the Aid is placed on the bare breast area you want to examine. You begin feeling the breast tissue by moving your fingers (not the tips) over the Aid in a circular motion, slowly pushing down.

What if a woman finds a suspicious lump using her Liv Aid?

Over 80% of lumps found are not cancerous. Make an appointment to see your medical professional as soon as possible.

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