



SELF BREAST EXAMINATION OF BREAST CANCER

Breast cancer is the most common cancer among Indian women and accounts for 14% of all cancers. The incidence rate begins to rise in early thirties and peaks at the age of 54- 60 years. Overall 1 in 18 women is likely to develop breast cancer during her lifetime.

Risk factors for Breast Cancer:

1. Increasing age
2. Family history
3. Genetic mutations
4. Increased body weight
5. Hormone replacement therapy
6. Reproductive factors - Nulliparity, early menarche, late menopause, absence of breastfeeding
7. Radiation exposure
8. Certain benign breast lesions

Watch out for Warning symptoms of Breast :

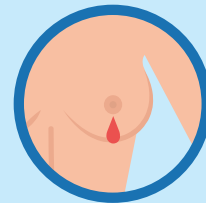
1. Bloody nipple discharge
2. Skin changes like puckering
3. Nipple retraction
4. Unexplained Lumps in breast
5. Breast asymmetry
6. Redness of skin of breast

Strategies for early detection of breast cancer:

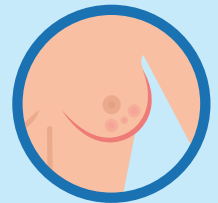
Breast cancer is sometimes found after symptoms appear, but many women with breast cancer have no symptoms.

Breast cancer that's found early, when it's small and has not spread, is easier to treat successfully. Getting regular screening tests is the most reliable way to find breast cancer early.

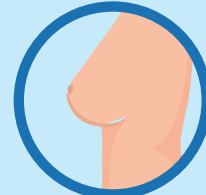
1. Mammogram starting from age of 45 years
2. Breast self examination
3. Clinical Breast examination



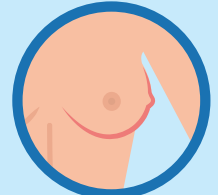
Bloody nipple discharge



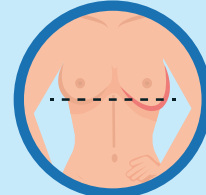
Skin changes like puckering



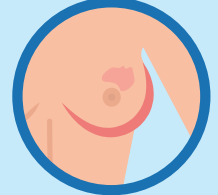
Nipple retraction



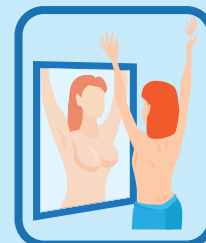
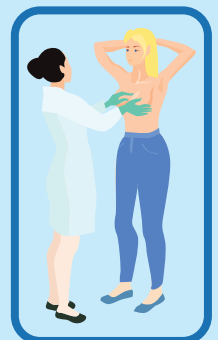
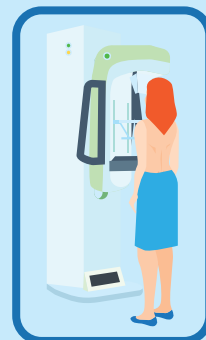
Unexplained Lumps in breast



Breast asymmetry



Redness of skin of breast



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SELF BREAST EXAMINATION OF BREAST CANCER

A breast self-exam is a check-up a woman does at home to look for changes or problems in the breast

Why to do ?

To detect breast cancer at early stage

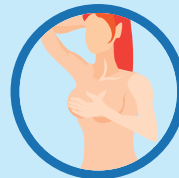
When to do ?

3 days after your period ends and done every month

If u have attained menopause , do on the same day every month. If you are breastfeeding do after emptying breast on same day every month

How to do ?

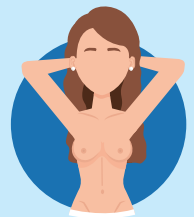
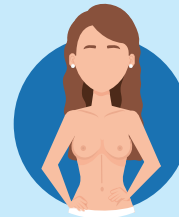
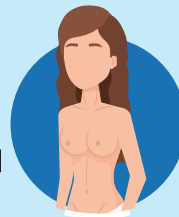
Self breast examinations is done standing, lying and while taking bath in front of mirror.



By Looking :

Stand before a mirror and look at size, colour and shape of breasts and nipples
3 ways of keeping your hands

1. With both arms placed beside your body
2. With both hands placed on your hips
3. With both arms raised and hands placed behind your head

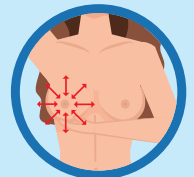
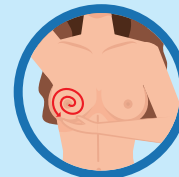
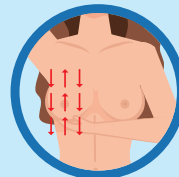


By Touching :

Raise your left arm. Use pads of 2nd, 3rd, and 4th fingers of right hand to examine your left breast or lumps and squeeze nipples for bloody discharge Repeat on right side.

3 ways of touching:

1. Once in lines up and down your breasts
2. Once in circles around the breast making smaller circles towards nipples
3. Once in wedges starting from outside towards nipples and back again.



Remember rule of 3

a) 3 Days after Cycles | b) 3 Positions | c) 3 Fingers | d) 3 Ways of Looking | e) 3 Ways of Touching

Whenever you notice any new findings, consult your breast surgeon or primary doctor.

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