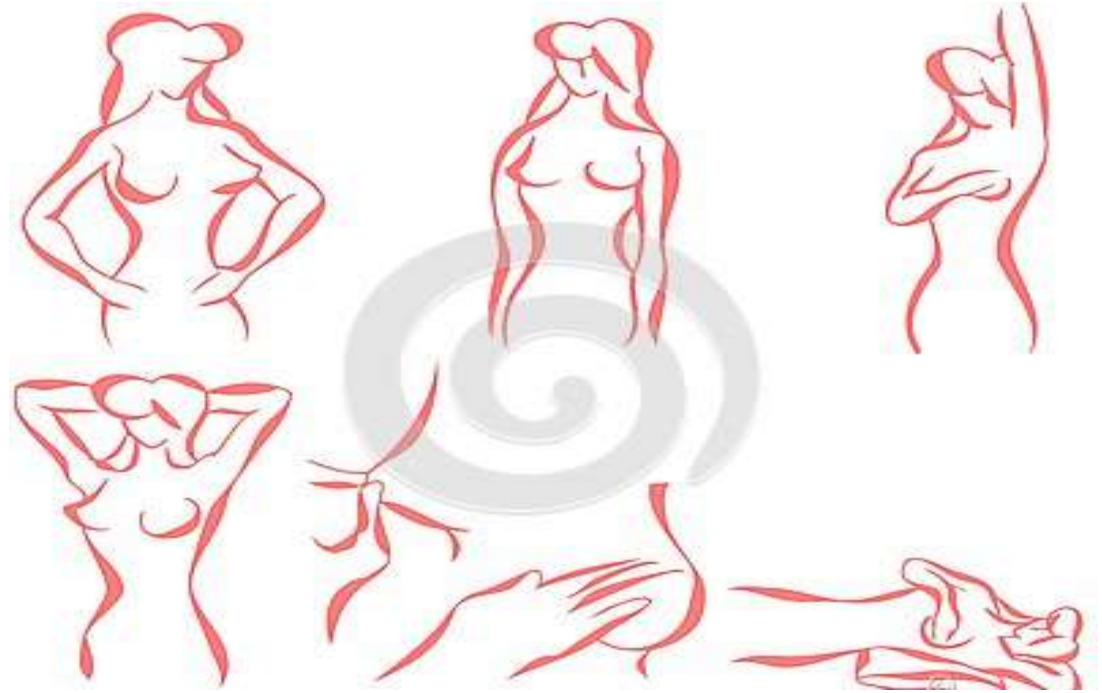
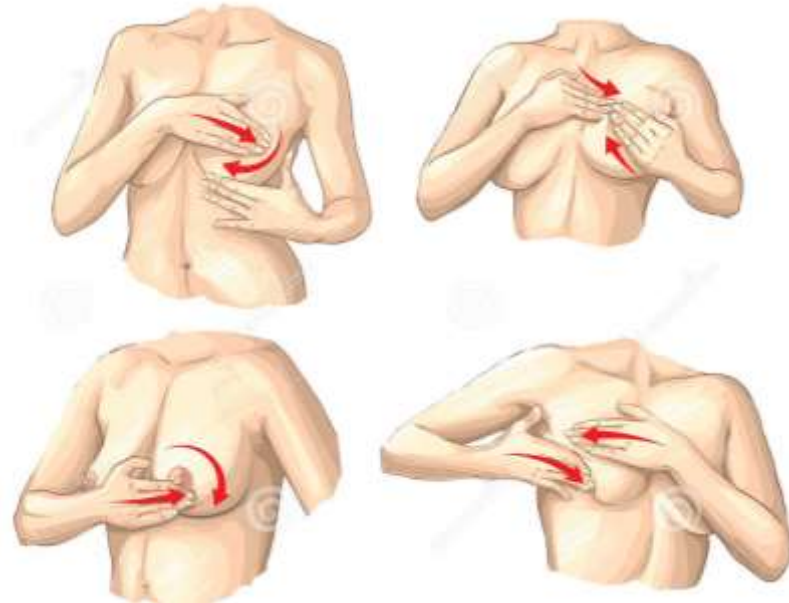


BREAST SELF EXAMINATION



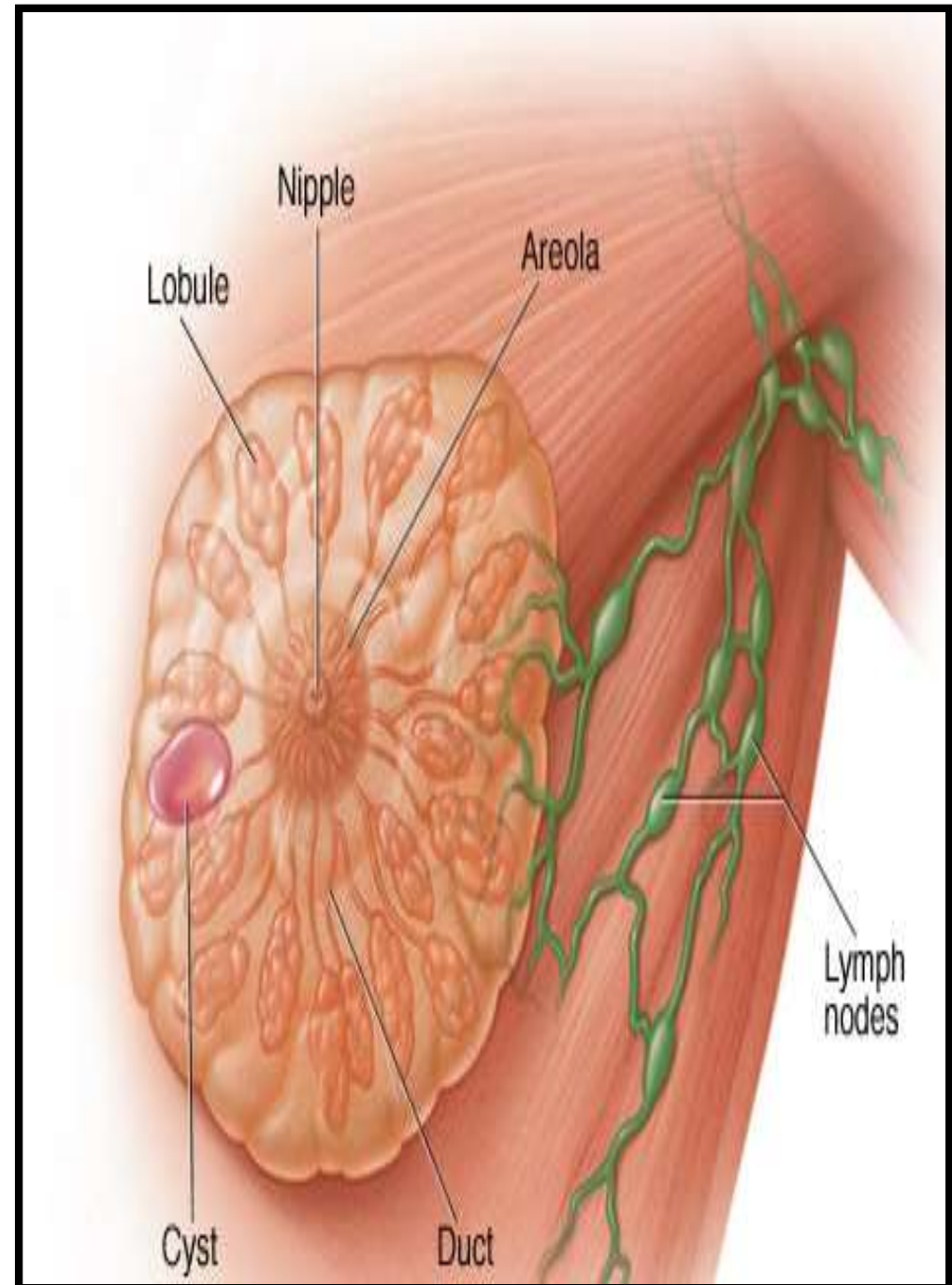
Learning agenda

- Introduction to Breast
- Introduction to BSE
- Definition
- Schedule
- Purposes
- Risk factors
- Breast self examination & its findings
- Mammograms: concept, benefits, procedure, recommendation and limitations.
- Conclusion



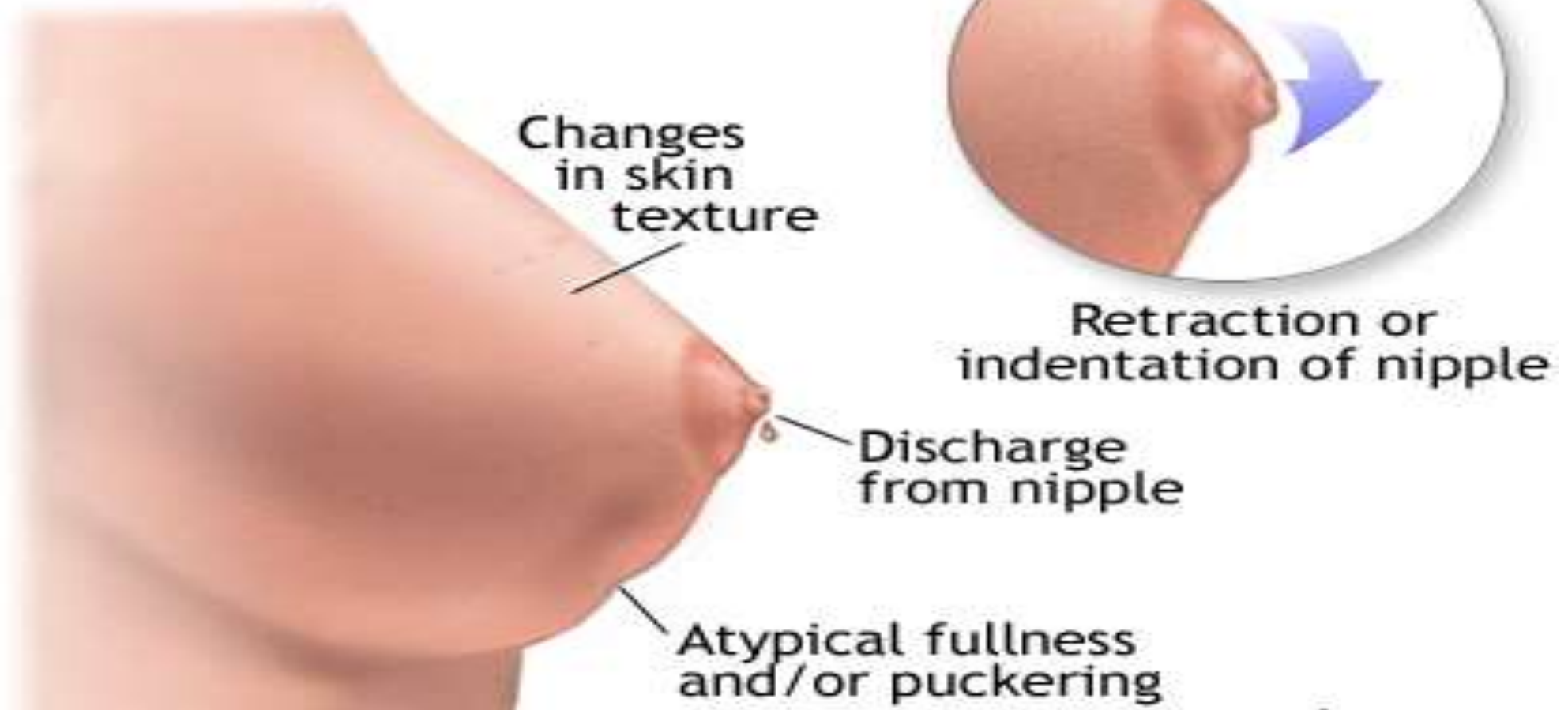
The Breast

Its physiological function is milk secretion to feed infants and viewed as measures of sexuality, femininity.



Introduction to BSE

Breast self-exam:
Visual inspection

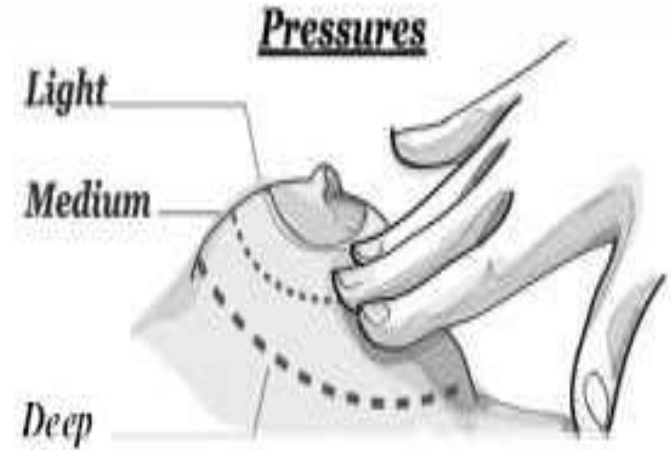


Definition

A breast self-examination (BSE) is a technique which allows an individual to examine his/her breast tissue for any physical or visual changes.



Cont..



It is easy to do and the more individual do it, the better will get at it.

When a person gets to know how the breasts normally feel, she will quickly be able to feel any change, and early detection.

Most lumps in the breast are not cancer.

Schedule for BSE

- Monthly once
- 7-10 days from the first day of period
- Same day every month if not menstruating



Factors that increase risk



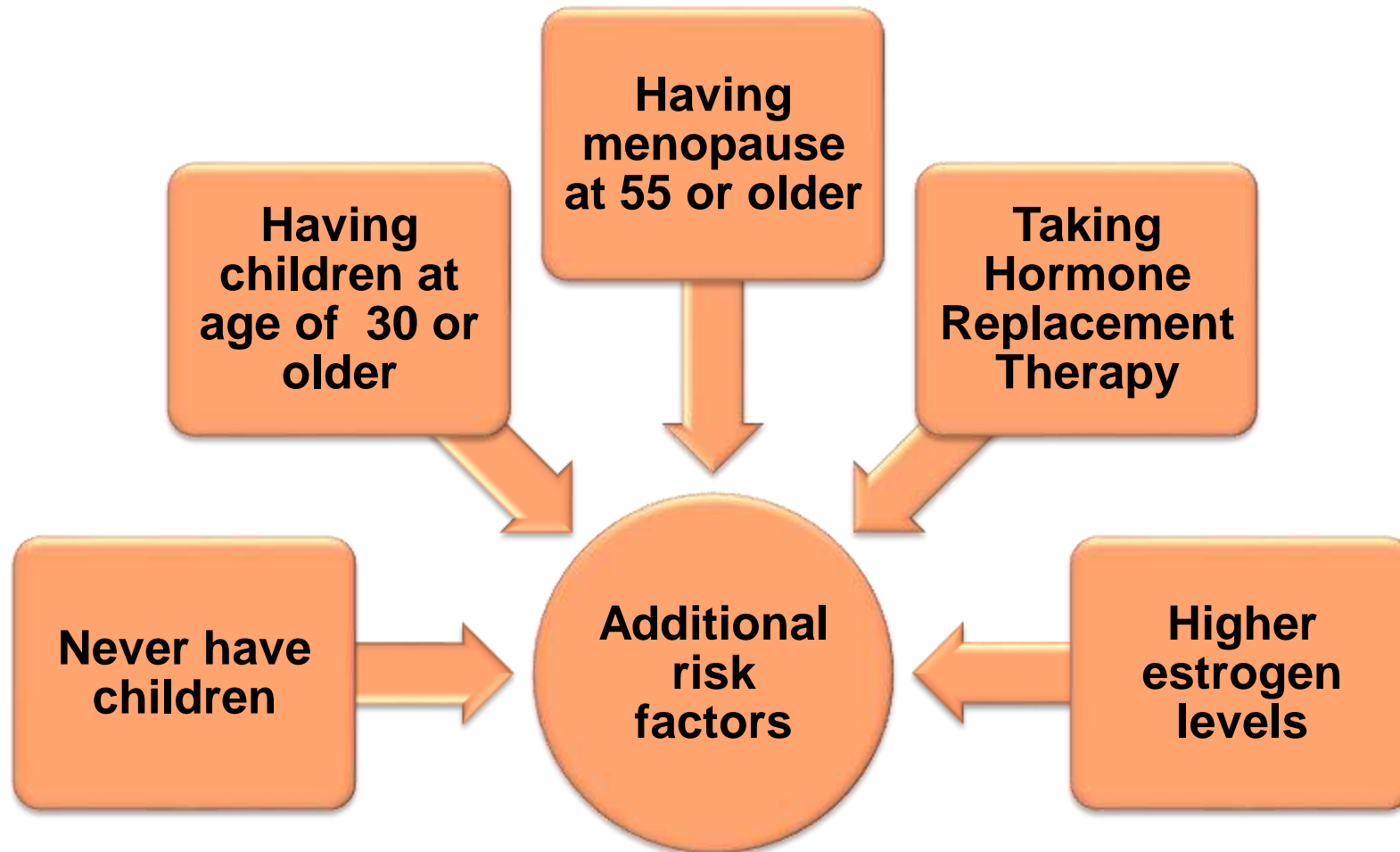
- **Family History**

• **Lifestyle**



- **Personal History**

Additional risk factors

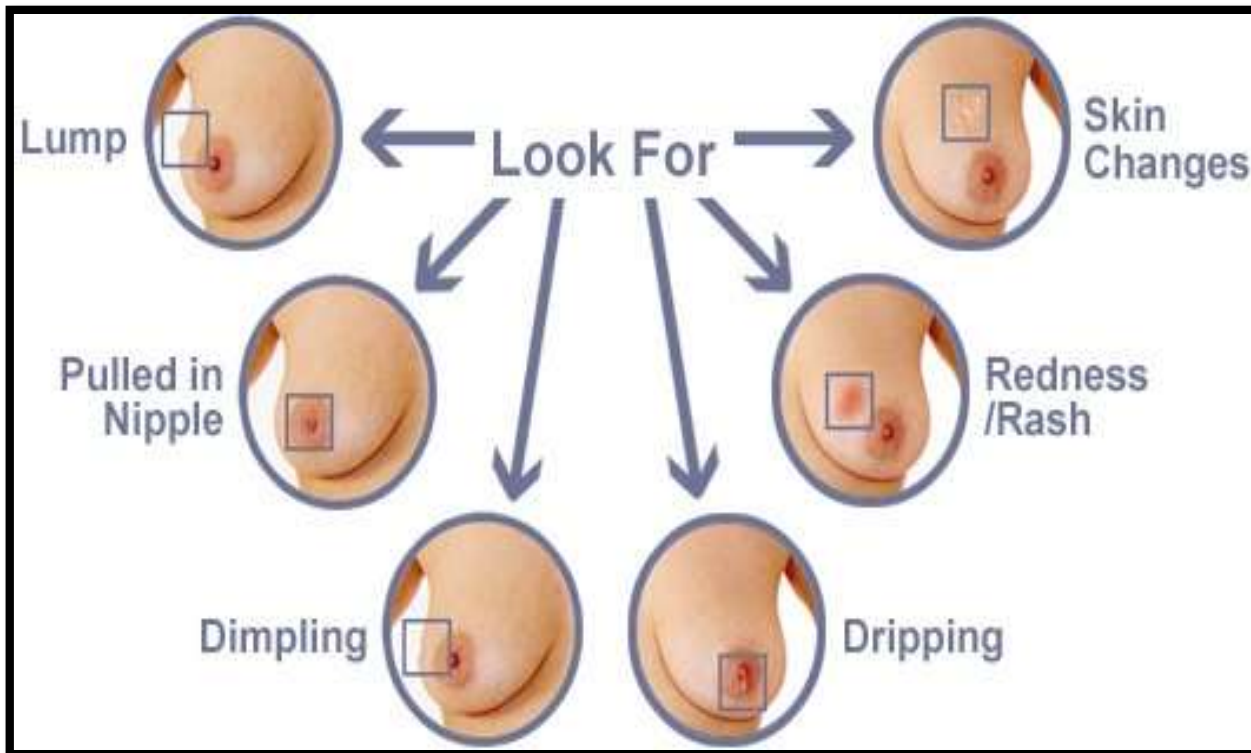
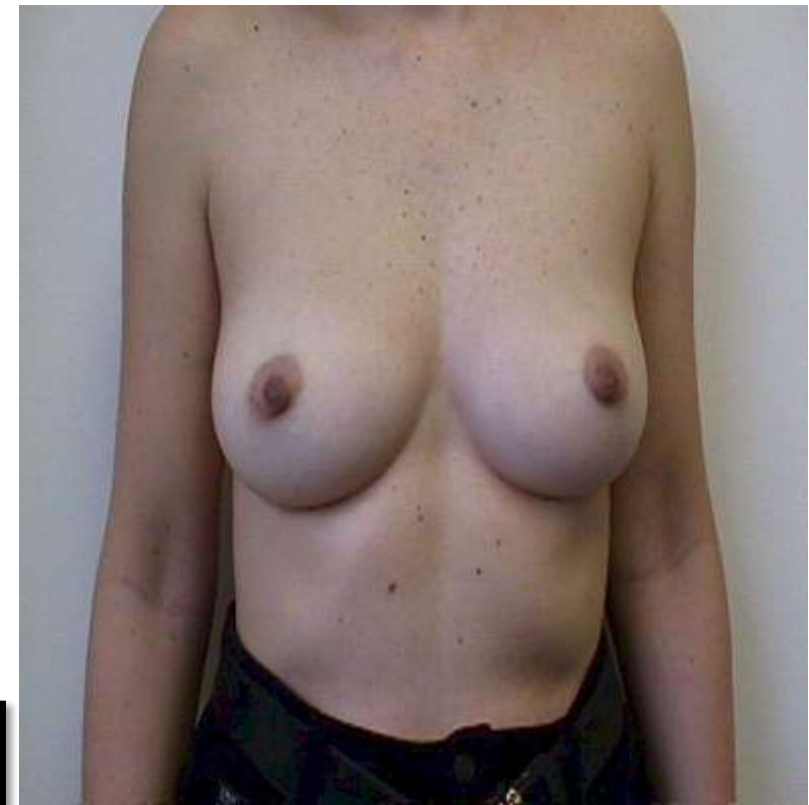


Breast self examination



- Detects the majority of breast abnormalities
- Potentially life-saving
- Monthly exam, at end of menses
- Start in front of mirror

Inspect for:



Raise Arms Up



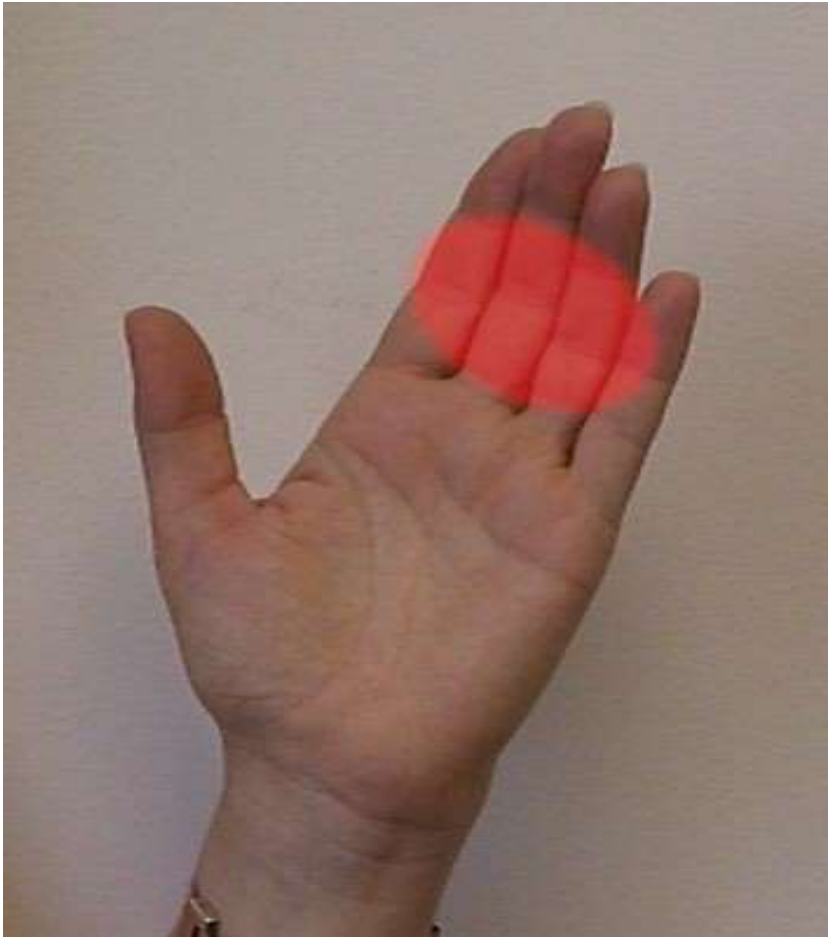
- Breasts should rise evenly
- Watch for dimpling or retraction

Feel for Lumps



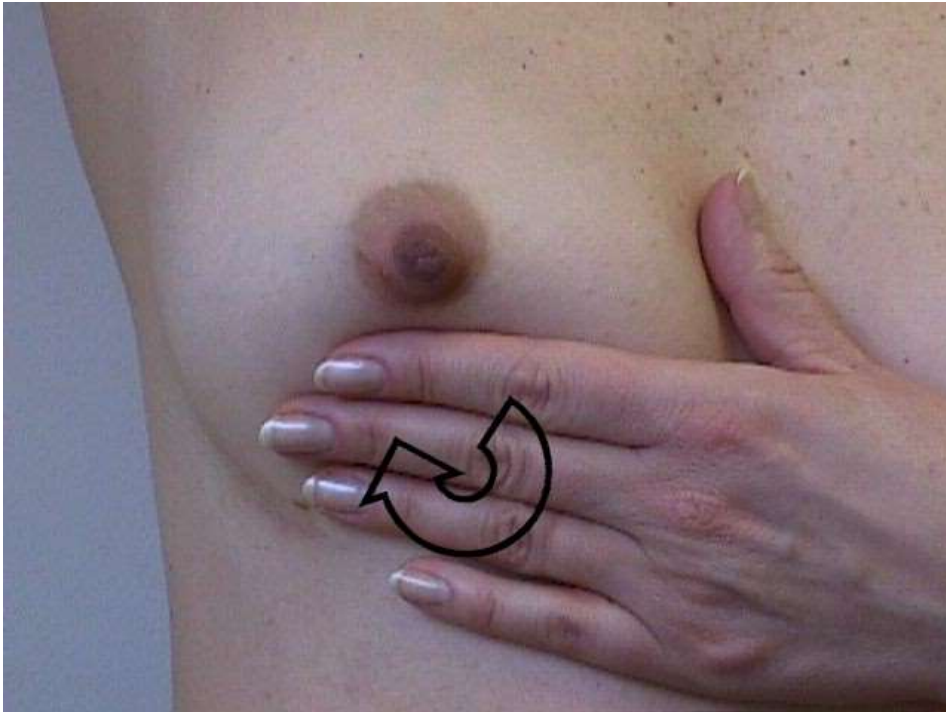
- Raise the arm
- Feel with opposite hand
- Feel for a “marble in a bag of rice”

Use the Middle of Your Fingers



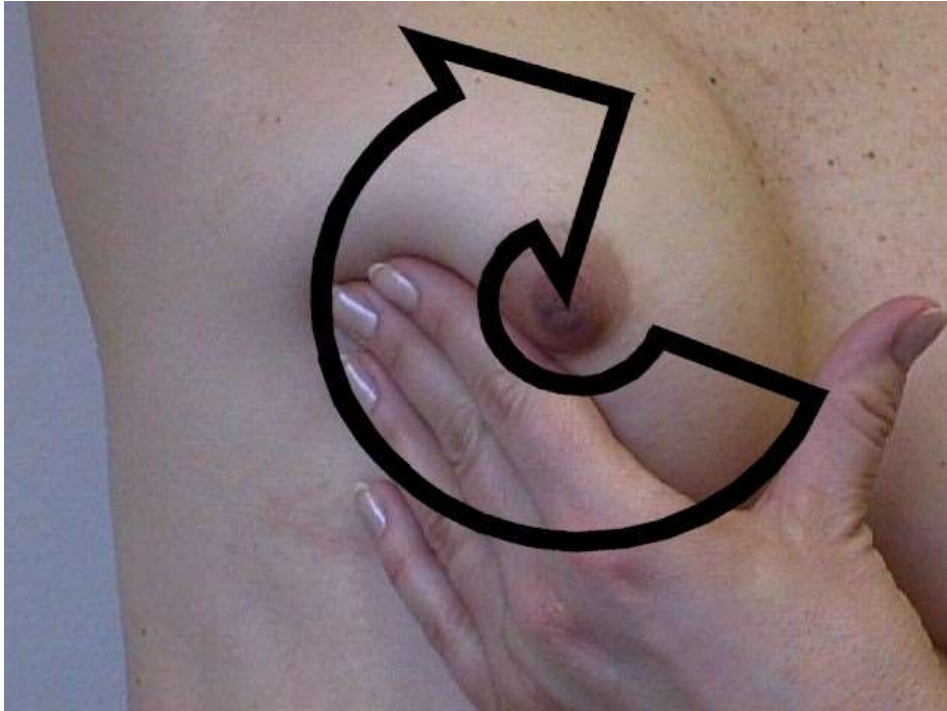
- Fingertips are too sensitive (all breasts are somewhat lumpy)
- Palm is too insensitive
- Middle portion of fingers is just right

Move your hand in small circles



- Stay in one place
- Press in while circling with your hand
- Feel for thickenings the size of a marble

Then move to another location



- Work around the breast in a clockwise fashion, using small circles of the hand as you go.
- Make sure the entire breast is felt.

The “Tail” of the Breast



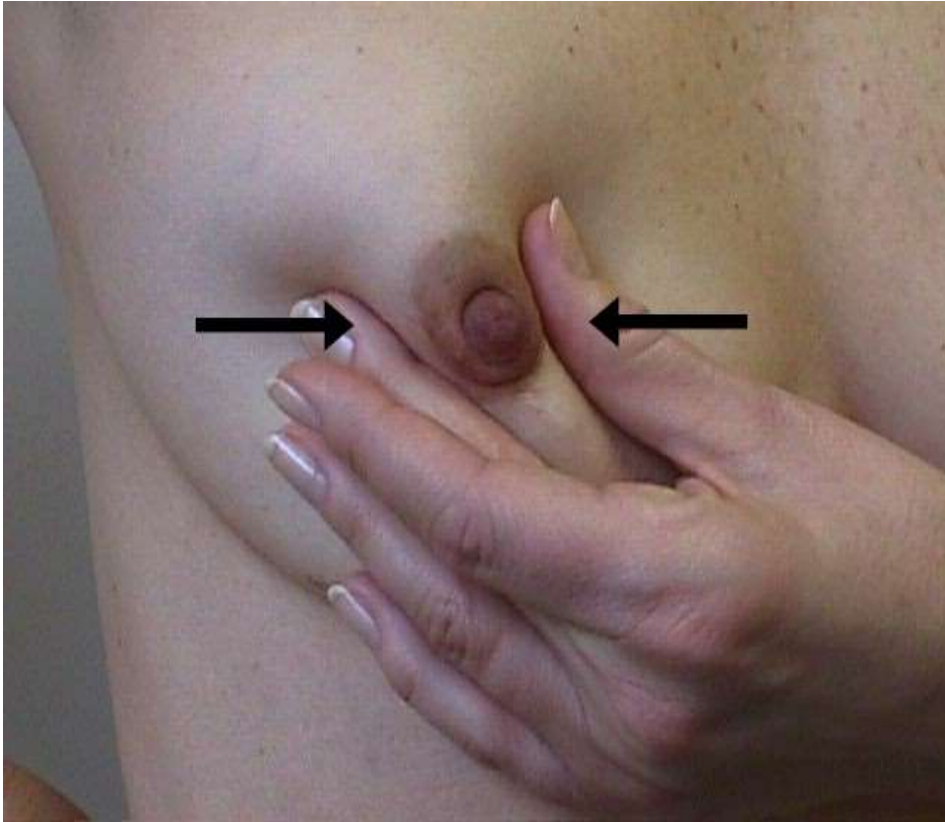
- Breast is not perfectly round.
- A “Tail” of breast tissue normally extends into the armpit.
- Make sure to feel for lumps in that portion of the breast.

Feel the Armpit



- Use the same circular motions.
- Feel for breast lumps and lymph nodes.
- Normal lymph nodes cannot be felt.

Try to Express Nipple Discharge



- Strip the ducts towards the nipple.
- Normally, one or two drops of clear, milky or green-tinged secretions.
- Should not be bloody or in large quantity, squirting out or staining the inside of a bra.

Now Check the Other Side



- Follow same maneuvers.
- Raise the arm above your head.
- Feel for lumps or masses.

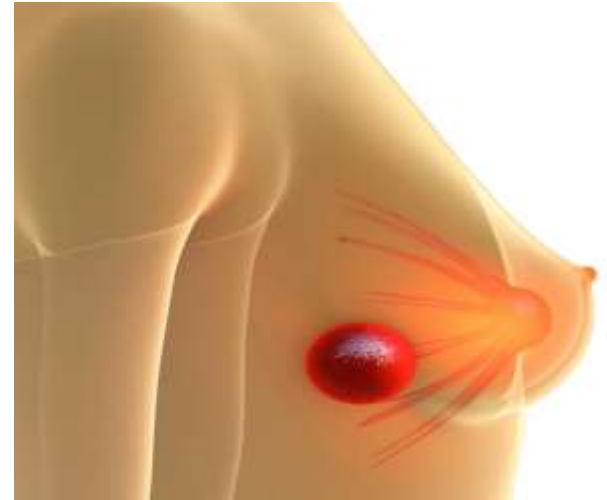
Have a Professional Breast Exam Each Year



- Basically the same maneuvers
- Ask questions

Findings of breast self exam:

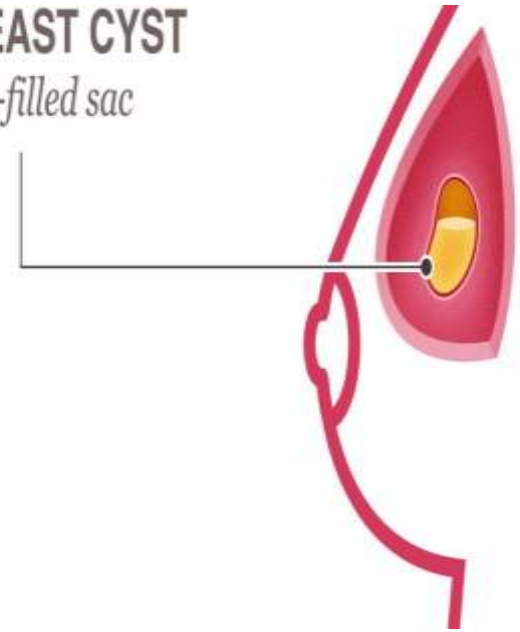
- **Tender, lumpy breasts**
- **Overall small lumps and a bumpy/grainy texture**



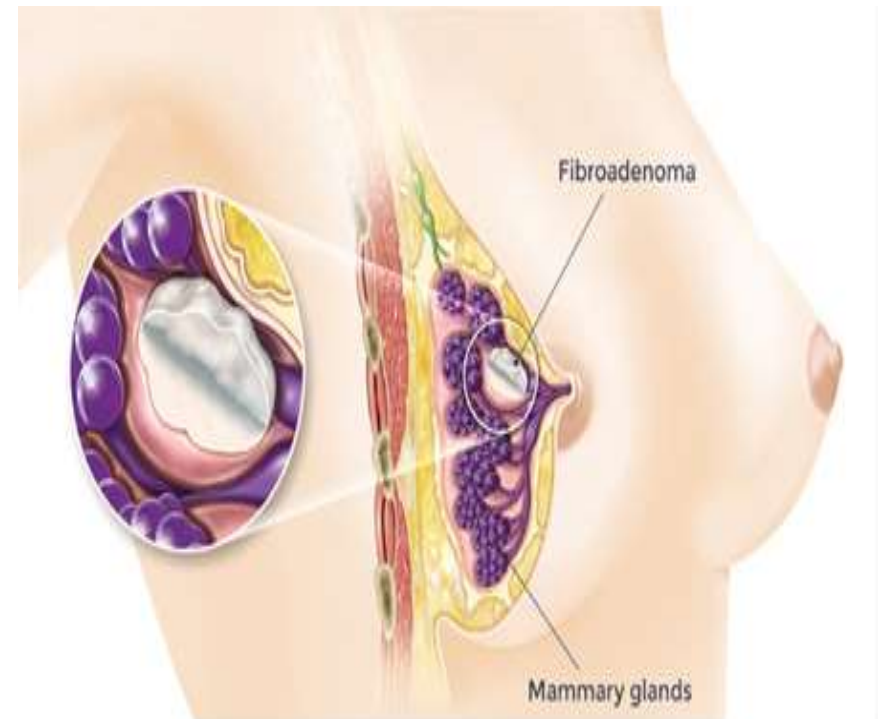
Single lump (Cyst) that feels like an oval and is hard on the outside, squishy on the inside

BREAST CYST

fluid-filled sac



Single, solid lump that feels round like a small rubber ball and can be moved (fibroadenoma)

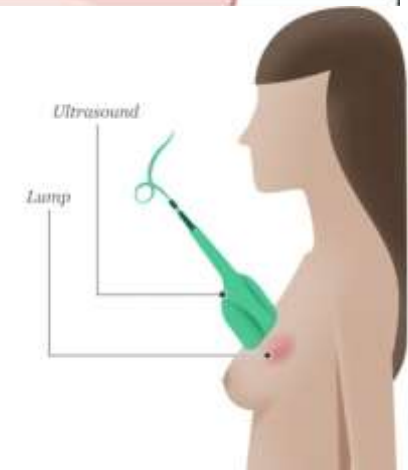


Overall distinct large lumps

Single, solid lump that can NOT be moved

Sores or scaly skin

Discharge or puckering of the nipple



BREAST PAIN

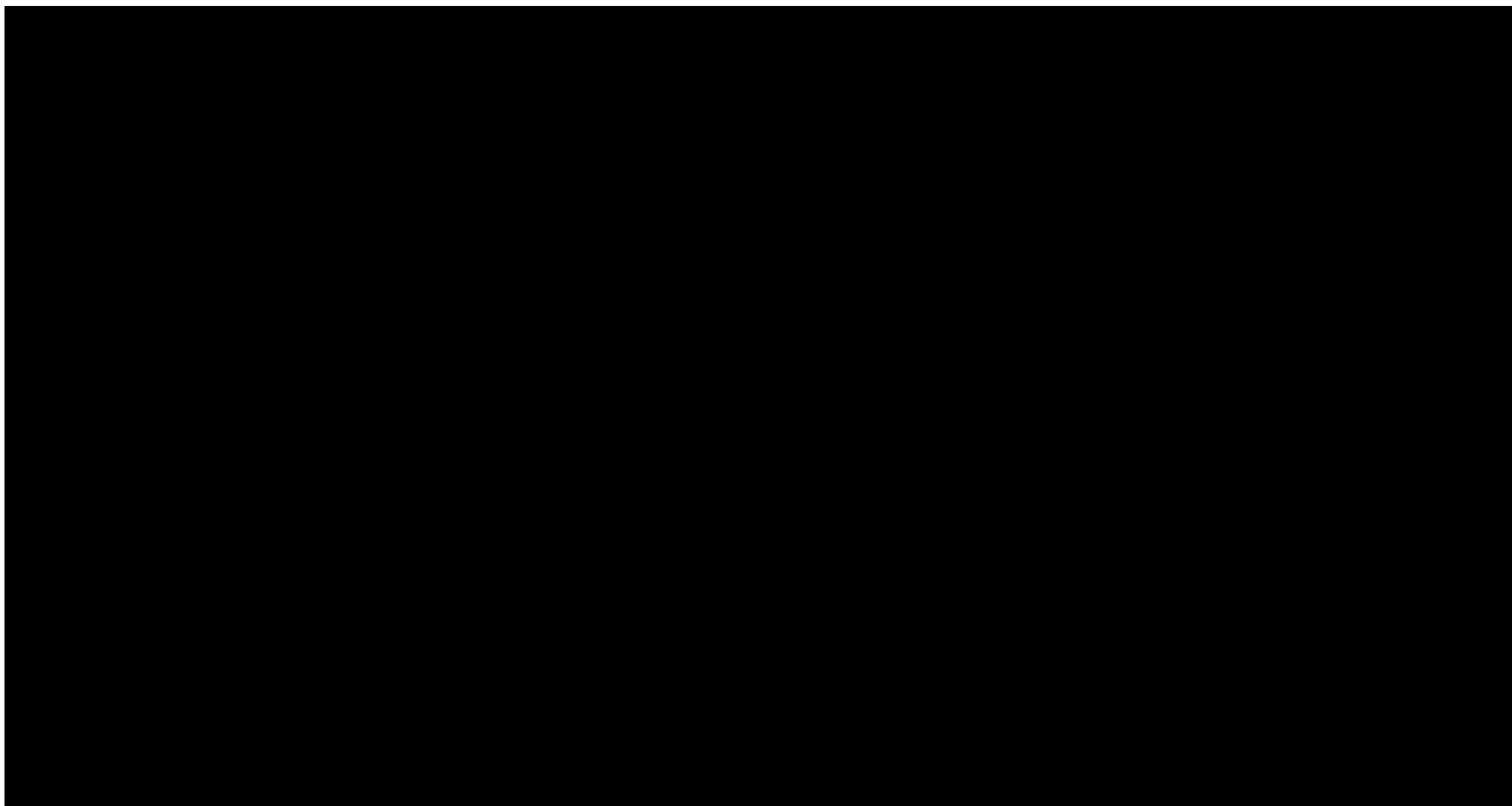


What does a breast lump mean



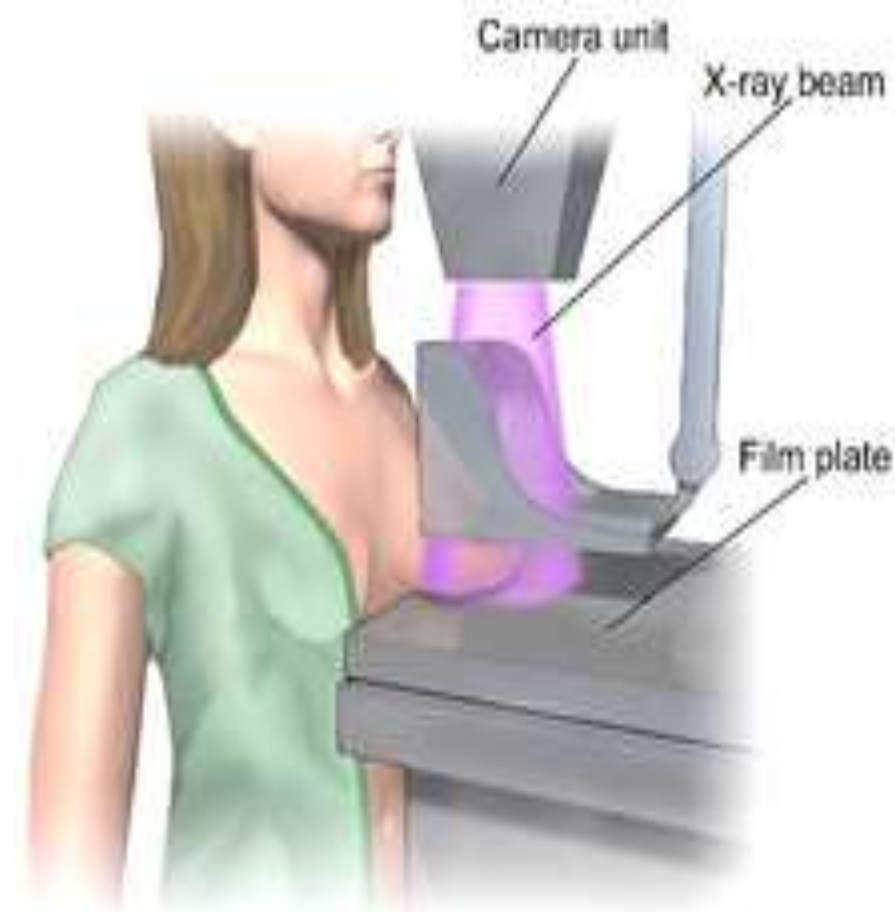
- Don't require the panic status.
- 90% are benign.
- Consult physician if anything abnormal.

Video on Breast Self Examination



Mammograms

A **mammogram** is an x-ray picture of the breast. It can be used to check for breast cancer in women who have no signs or symptoms of the disease.



Mammogram

Benefits

Early detection of tumors.

Detection of small abnormal tissue growths.

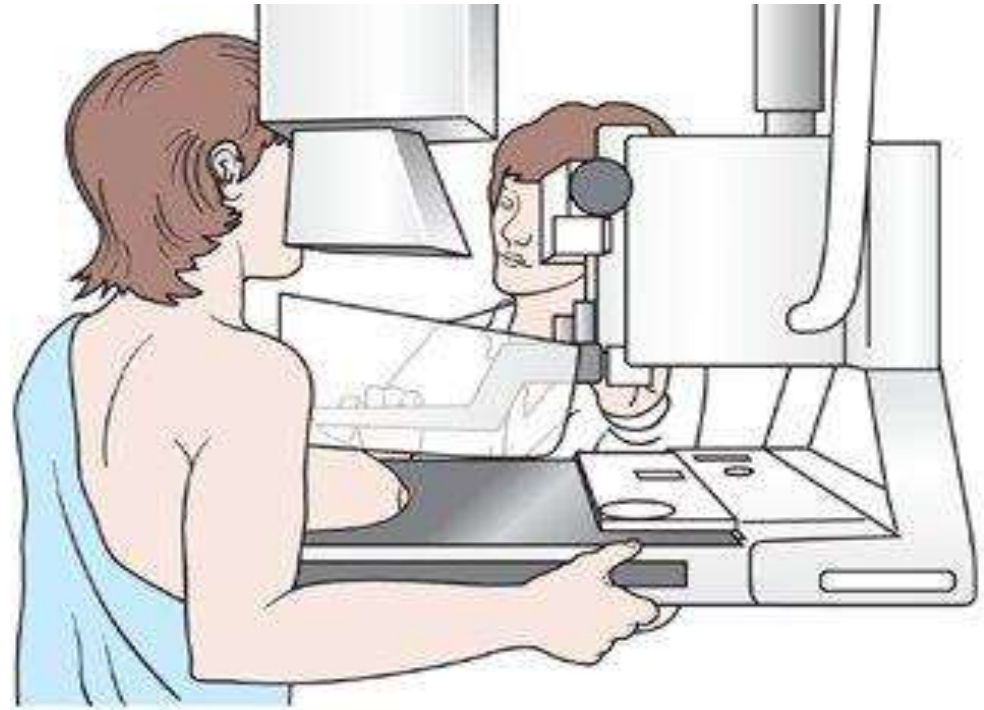
Benefits

X-rays usually have no side effects in the typical diagnostic range for this exam.

Detecting all types of breast cancer.

How is the procedure performed?

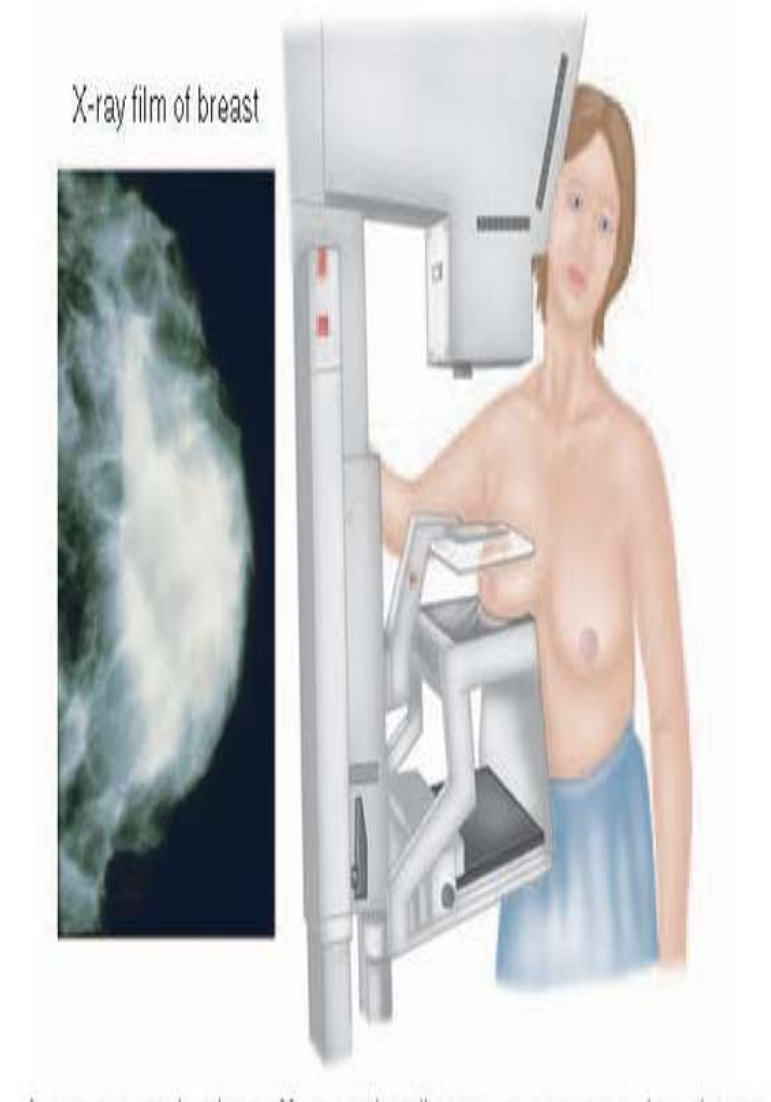
Breast will be placed on a special platform and compressed with a clear plastic paddle. The technologist will gradually compress the breast.



Cont..

Breast compression is necessary in order to:

- Even out the breast thickness.
- Spread out the tissues.
- Allow the use of a lower x-ray dose.
- Hold the breast still in order to minimize blurring of the image
- Reduce x-ray scatter to increase sharpness of picture

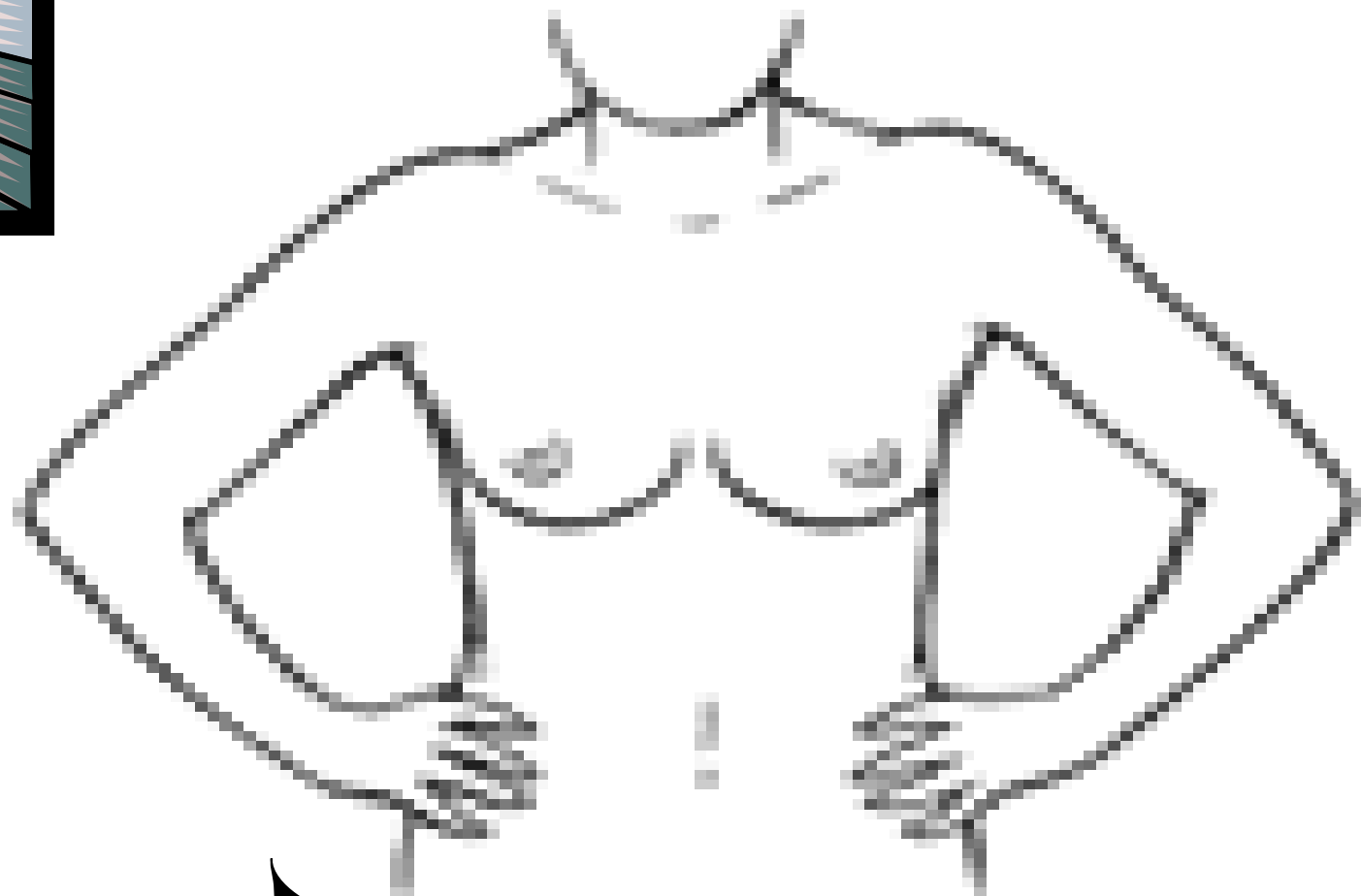


Recommendation

- One **mammogram** between ages of 35 and 40 for all women with no breast problems or personal history of breast cancer.
- After the age of 40, an annual **mammogram** is recommended.

Limitations of breast screening

- They are not 100% accurate.
- For most of the cases, the mammogram is found to be normal and breast cancer is not found.
- Mammogram means breasts are exposed to a small amount of radiation.



Be Safe, Be Sure

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6. Baxter N; Canadian Task Force on Preventive Health Care (June 2001). "Preventive health care, 2001 update: should women be routinely taught breast self-examination to screen for breast cancer?". CMAJ. **164** (13): 1837–46. PMC 81191. PMID 11450279.

Questions

1. Breast cancer may be described as follows:

- Ductal carcinoma (invasive)
- Lobular carcinoma (invasive)
- Ductal carcinoma in situ (noninvasive)
- All of the Above

Answer: All of the Above

2.Screening for breast cancer includes:

- Barium testing
 - Mammogram
 - Magnet sensors
 - All of the Above
-
- Answer: Mammogram

3. Which of the following is a sign of breast cancer?

- A lump in the breast
 - Unusual discharge from the nipple
 - Change in the size or shape of the breast
 - All of the Above
-
- Answer: All of the Above

**4. Some risk factors for breast cancer cannot be changed,
including:**

- Genetics
 - Obesity
 - Hormone Replacement Therapy (HRT)
 - All of the Above
-
- Answer: Genetics