

While inspecting the skin surface of the chest, observe the position of the nipples and any evidence of breast development. Normally the nipples are located slightly lateral to the midclavicular line between the fourth and fifth ribs. Note symmetry of nipple placement and normal configuration of a darker pigmented areola surrounding a flat nipple in prepubertal children.

Pubertal breast development usually begins in girls between 8 and 12 years old (see [Chapter 15](#)). Record early (precocious) or delayed breast development, as well as evidence of any other secondary sexual characteristics. In males, breast enlargement (**gynecomastia**) may be caused by hormonal or systemic disorders, but more commonly is a result of adipose tissue from obesity or a transitory body change during early puberty. In either situation, investigate the child's feelings regarding breast enlargement.

In adolescent girls who have achieved sexual maturity, palpate the breasts for evidence of any masses or hard nodules. Use this opportunity to discuss the importance of routine breast self-examination. Emphasize that most palpable masses are benign to decrease any fear or concern that results when a mass is felt.

Lungs

The lungs are situated inside the thoracic cavity, with one lung on each side of the sternum. Each lung is divided into an **apex**, which is slightly pointed and rises above the first rib; a **base**, which is wide and concave and rides on the dome-shaped diaphragm; and a body, which is divided into lobes. The right lung has three lobes: the upper, middle, and lower. The left lung has only two lobes, the upper and lower, because of the space occupied by the heart ([Fig. 4-31](#)).