



Your Blueprint to a Healthy You & Healthy Breasts



Dr. Shelly Sharma - Specialist Breast Radiologist and Oncoradiologist

Know Your Doctor



Dr. Shelly Sharma is a senior oncologist with over 18 years of experience dedicated to women's breast health and cancer care. She specializes in mammography, breast ultrasound, MRI, and image-guided biopsies, helping women get accurate, timely, and compassionate diagnosis.

Having trained at world-renowned institutions like the Mayo Clinic (USA), National Cancer Center (Singapore), and Samsung Medical Centre (South Korea), Dr. Shelly combines global expertise with a deep understanding of Indian women's health needs.

Her approach is simple, to make breast health care clear, and comfortable. Whether guiding women through screening, explaining biopsy results, or supporting them through diagnosis, she ensures every patient feels heard and cared for.

Beyond clinical work, Dr. Shelly also advises on AI and health technology innovations that aim to radiology smarter and more accessible for all.

Her vision: To redefine breast health not just about detecting cancer, but about helping every woman feel safe, informed, and confident in her own body.

Dr. Shelly Sharma

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Hi there!

Have you ever wondered what you can do to ensure a healthy lifestyle and have a healthy, happy, and new version of yourself? Have you wondered what is there which you don't know and what you can do to ensure that you are healthy, your body is well taken care of, and you as a woman feel fulfilled?

The truth is, there is so much information out there which is at times not authentic, doesn't give you the right medical advice, and doesn't show you how to take care of your health.

This blueprint is not just another booklet on women's health, but it is a carefully curated and crafted guide to help you in your health journey. It will help you discover the healthy you and develop a genuine connection to your body.

Understand Your Overall Health



Get Your Baseline Blood Work Done

Evaluate your cholesterol, lipid profile, thyroid profile, kidney function, liver function,

in fact, an overall workup for the health a woman may need.
(See list at the end for suggested blood work)

A woman's body goes through a lot of changes, get yourself evaluated every year.



Get Your Family History

Talk to your family members and know about any diseases or cancers in the family , only blood relatives both mother's and father's side be specific and jot it down in your health journal it may come handy and help your doctor make your health plan.

*Pro Tip

Notice what affects your body the most whether it is your sleep cycle, your weight gain, or something else.



Chart your observations



See your doctor for a health review



Build Your Breast Care Strategy

Cultivate Breast Health Habits



Habits Grow Overtime

Do a self-breast exam every month.

(See instructions at the end of this booklet.)

Make it a habit to connect with your body and notice what's normal for you. This helps you spot any changes early, note them and follow up regularly.

Get Regular Breast Screenings

This may include an ultrasound, mammogram, or MRI, ask your radiologist what's best for you.

Do your self-exam monthly, ideally after your period.
Schedule your screening around your birthday, the best gift to yourself!



Annual Health Check

Get a gynaecological and clinical breast examination done once in a year to once in two years. Your doctor may take a pap smear if indicated.

*Pro Tip



Get your breast cancer risk evaluated



Track Your Body Changes



Act Early

Know When To Speak Up



Create Your Personal Battery of Support

Build your care team, a trusted group that includes your breast radiologist, physician and gynaecologist and, professionals who understand your body, communicate clearly, and offer focused, evidence-based guidance.

Try the Two-Question Power Pause before staying silent:

1. Is this bothering me? - If yes, speak up. Even small or subtle changes can be medically significant.
2. Would I regret not mentioning this later?- If the answer's yes, that's your cue to share it.

Your body deserves your voice and your care team needs your input to care for you best.

Implementation Tip:

Before your doctor's appointment, **prepare the key points** you want to discuss. It gives you the confidence to speak and ensures you don't miss anything.

*Pro Tip

Create Your Breast Health Folder.

Keep all previous mammograms, reports, CDs, and intervention notes in chronological order. Carry this folder to every appointment.



Carry all your recent blood works and doctor's prescriptions

This becomes your personal breast health record, ensuring continuity of care.

Scripts for Talking to your Doctor



Key Principles for Using Scripts

Always reference details from prior imaging, surgery, or history.

Bring reports and documents your doctor may need.

Respect time with clear, brief communication.

Ask when to return with reports and when your next follow-up should be.

Script 1 - New Lump in the Breast

"Hi doctor, I noticed a lump in my [right/left] breast, in this area [upper/lower, inner/outer quadrant], this lump was smaller and has grown in size in last--- months or no change in size for ---- months or i feel it only comes before my periods .i also wanted to let you know that my mother/ nani/ dadi/ bua / sister/ cousin had breast / ovarian cancer

Script 2 - Pain in the Breast

" Hi doctor , i am feeling a pain in [right/left] breast, in this area [upper/lower, inner/outer quadrant]. I have been noticing this pain for months, it is severe/ non severe... I have noticed it increases during my monthly cycles.... i also wanted to let you know that my mother/ nani/ dadi/ bua / sister/ cousin had breast / ovarian cancer "

If possible, draw a diagram to show the location, or during palpation, point it out to the doctor. **Why It's Important:**



- Helps your doctor address the exact area of concern.
- Guides the radiologist to tailor the examination.
- Reduces anxiety when concerns are directly addressed.

From the Radiologist's Perspective:

Mammography may include a spot magnification for clearer imaging of the lump.

Ultrasound may focus on that area with advanced techniques like Color Doppler and Elastography, which help assess the nature of the lump



Appendix 1



Suggested Baseline Blood Work

Lipid Profile | Cholesterol | Thyroid Profile | Kidney Function Tests | Liver Function Tests | Complete Blood Count | Vitamin D | Blood sugar (fasting/postprandial or HbA1c) | Vitamin B12
(Add more as advised by your physician) | (fasting/post prandial), HbA1c

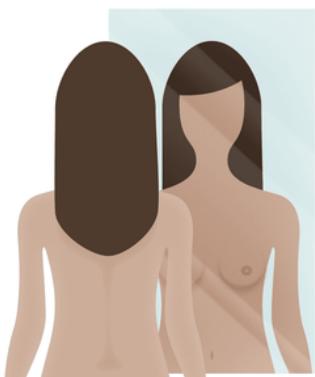
Appendix 2

There are three steps necessary to perform a thorough breast self-exam. Each of these steps should be completed each time you perform a breast self-exam.



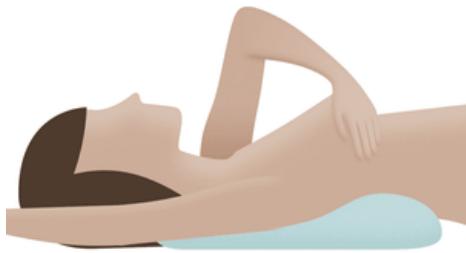
In the Shower

With the flats of your 3 middle fingers, check the entire breast and armpit area, pressing down with light, medium, and firm pressure. Check both breasts each month, feeling for any new lumps, thickenings, hardened knots, or any other breast changes.



Front of a Mirror

With your arms at your sides, check your breasts for changes in shape, contour, dimpling, swelling, or skin or nipple irregularities. Then, press your palms firmly on your hips to flex your chest muscles and look for dimpling or puckering, especially on one side. It's normal for breasts to differ slightly in size or shape.



Lying Down

When lying down, place a pillow under your right shoulder and your right arm behind your head. Using your left hand, use the pads of your three middle fingers to check your right breast and armpit with light, medium, and firm pressure for lumps, thickening, or other changes. Gently squeeze the nipple for discharge. Repeat on the left side.

*Source- <https://www.nationalbreastcancer.org/breast-self-exam/>)

If You Notice Any Changes

If you find a lump, discharge, or any unusual change, don't panic, contact a healthcare provider.

See a doctor if you notice:

A new lump or thickening, Nipple discharge, Skin dimpling, redness, or scaling. Changes in breast size or shape

Social Media :  [the_breastologist](#) |  Dr. Shelly Sharma