





## CHECKLIST FOR SELF BREAST EXAMINATION



**Welcome To**  
**Swanand Pathology Laboratory**  
Your Easy Guide For  
**Self Breast Examination**



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- Ensure you are relaxed, not in a hurry.
- Ensure – Good light ,Chairs, table, Mirror, Checklist, Pen, Small pillow, Bed/couch.

Breast self-examination should ideally be performed 7-10 days after your menstrual periods start , which is when your breasts are least tender & lumpy.

If you are post menopausal, select same date of every month and mark on calendar or set reminders on your mobile.

## A) INSPECTION:

### Position 1:

Undress till waist and stand in front of mirror.

<ul style="list-style-type: none"><li>Any change in contour or shape of breasts.</li></ul>	
<ul style="list-style-type: none"><li>Any change in contour or size of breasts.</li></ul>	
<ul style="list-style-type: none"><li>Any dimpling/puckering of skin</li></ul>	
<ul style="list-style-type: none"><li>Pulling in nipple</li></ul>	
<ul style="list-style-type: none"><li>Itchy, scaly, sore or rash on nipple</li></ul>	
<ul style="list-style-type: none"><li>Swelling redness/darkness in either breast</li></ul>	

<ul style="list-style-type: none"> <li>• Size, shape &amp; direction in which the nipples point</li> </ul>	
<ul style="list-style-type: none"> <li>• Any nipple discharge</li> </ul>	
<ul style="list-style-type: none"> <li>• Any lump near neck or around breasts</li> </ul>	
<ul style="list-style-type: none"> <li>• Any skin irregularities/ thickening on or around breasts</li> </ul>	

Note that left & right breasts may not exactly match in size – very few women have perfectly symmetrical breasts.

Note what is normal for you.

Refer below images for reference:

## Primary Things To Notice About Your Breast Appearance



**Colour Changes  
Of Breast**



**Skin Changes  
Of Breast**

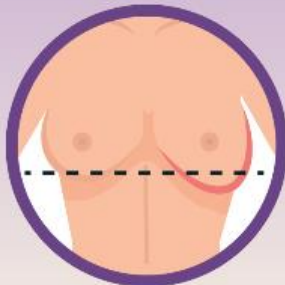


**Orange Peel/Orange  
Appearance Of Skin**

## Primary Things To Notice About Your Breast Appearance



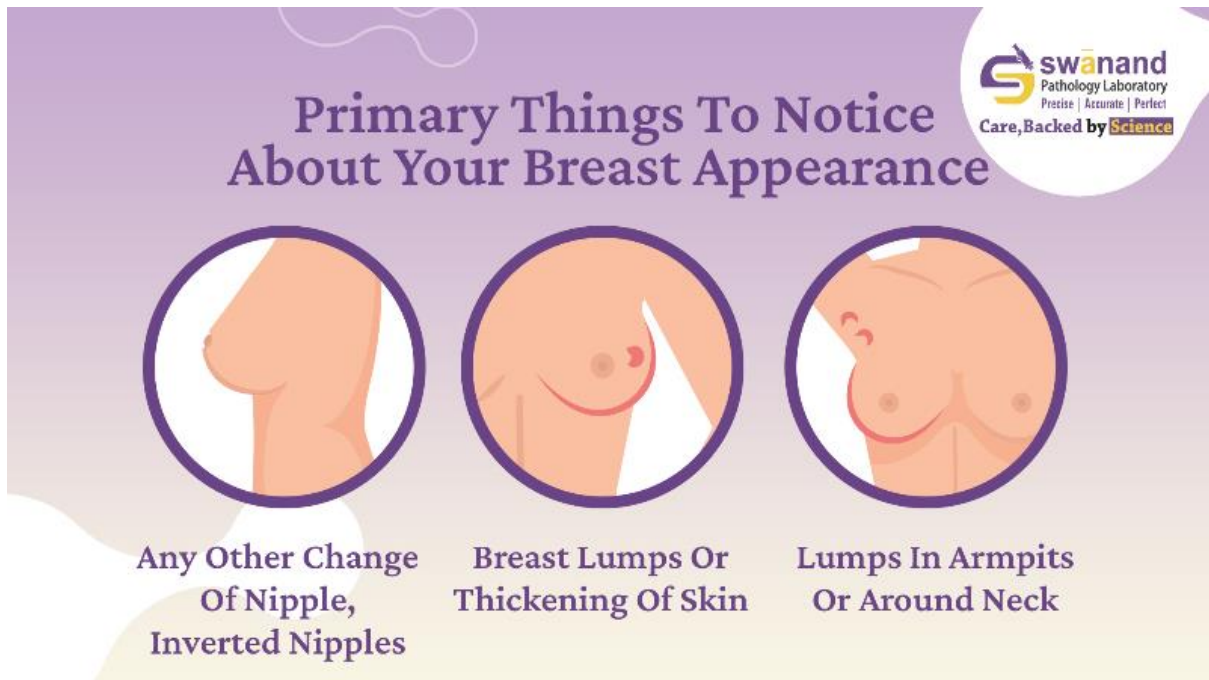
**Ulceration  
On Breast**



**Sudden Change In  
Size Of Breast**



**Sudden Discharge  
From Nipples**



**Position 2:**

Place hands on your hips, press firmly to flex your chest muscles.

Look for above all 10 points.

**Position 3:**

Take both the arms over head, whilst leaning forward and again check all 10 points.

Note down all points in checklist.

## **B) PALPATION**

## Palpation Process While Standing



Use 3 Middle Fingers  
For Palpation



Use The Upper Surface  
Of Finger To Identify  
And Understand

### Position 1:

Lie down on bed with pillow under shoulder on side being examined and place the cum of side to be examined overhead. In this position, the breast tissue spreads out evenly along chest wall.



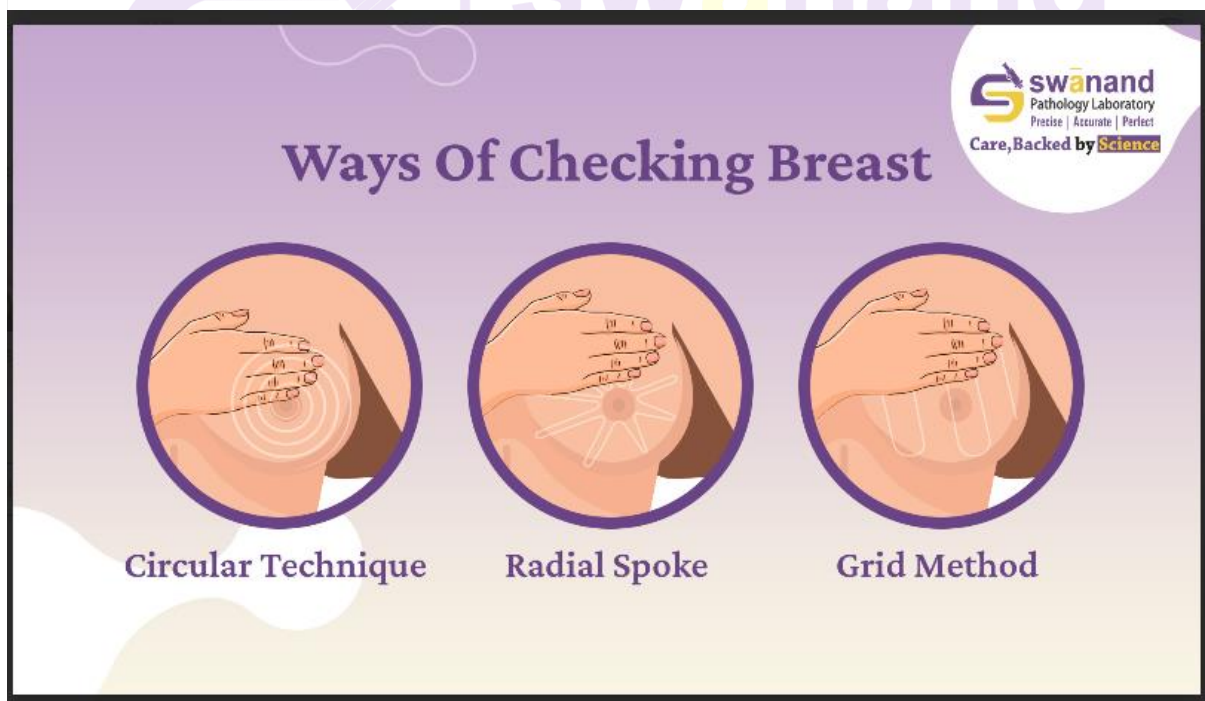
Place pillow under your right shoulder and put your right arm behind your head. Using your left hand move the pads of your three middle fingers around your right breast whole area and armpit.



Use light, medium and firm pressure to feel for any new lump, thickening, hardened knots or any other change. Squeeze nipple for any discharge.

Repeat steps for left breast.

You can use any one method from below three methods for breast palpation. Make sure, once you choose a convenient particular method, stick to that method always while examining. Do not keep changing methods.



## Position 2:

Repeat the same technique in sitting position.


### Position 3:

Repeat the same technique in shower.




**Self Examination In The Shower  
Is Highly Recommended**

Soapy Surfaces Make It Easier  
To Feel Any Lump Or Change In Breast



Possible signs and symptoms and  
information to be collected



**Breast Lump**

- Site - Constant/Changing
- Duration- When And How It Was Noticed.
- Any New Changes Since First Notice (E.g., Getting Bigger)
- Relationship To Menstrual Cycles Or Exogenous Hormones
- Associated Symptom



**You Should Always Look  
For Any New Changes Or Pain  
In Breast Or Around Areas Like  
Armpits And Neck**



swanand



**Around 75-80% Breast Lumps  
Are Non Cancerous.**

**So Do Not Hesitate To Take Help  
Of Doctor If You Detect Any Abnormality.**

## Important Things To Remember



### Self Breast Examination

Does Not Substitute Mammography  
Or Clinical Breast Examination.  
They Too Are Mandatory.

Ex - Mammography Needs To Be Done Annually  
Starting From Age 40 Yrs.



Self Breast Examination Takes Only 10-15 Mins And Can Be Done In  
Comfort Of Your Own Home And In Privacy.

## For Anymore Guidance & Help In SBE Or CBE



Please Feel Free To Connect  
With Us Or Visit Us For Accurate Diagnosis



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