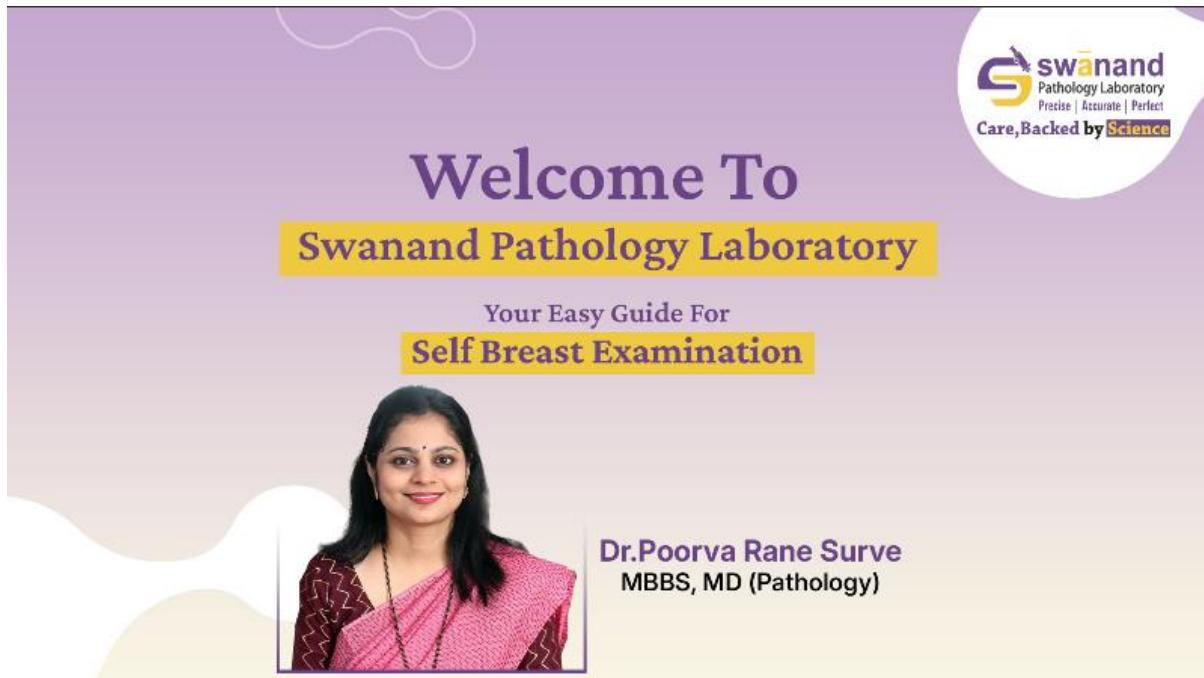




Care, Backed by Science

CHECKLIST FOR SELF BREAST EXAMINATION



Welcome To
Swanand Pathology Laboratory

Your Easy Guide For
Self Breast Examination



Dr.Poorva Rane Surve
MBBS, MD (Pathology)

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

• Size, shape & direction in which the nipples point	
• Any nipple discharge	
• Any lump near neck or around breasts	
• Any skin irregularities/ thickening on or around breasts	

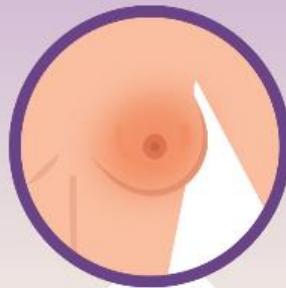
Note that left & right breasts may not exactly match in size – very few women have perfectly symmetrical breasts.

Note what is normal for you.

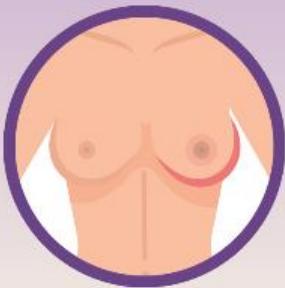
Refer below images for reference:

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Precise | Accurate | Perfect

Primary Things To Notice About Your Breast Appearance



Colour Changes Of Breast



Skin Changes Of Breast

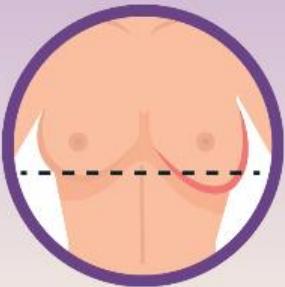


Orange Peel/Orange Appearance Of Skin

Primary Things To Notice About Your Breast Appearance



Ulceration On Breast

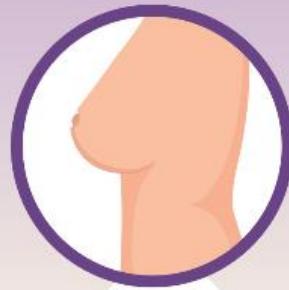


Sudden Change In Size Of Breast



Sudden Discharge From Nipples

Primary Things To Notice About Your Breast Appearance



Any Other Change Of Nipple,
Inverted Nipples



Breast Lumps Or Thickening Of Skin



Lumps In Armpits Or Around Neck



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.

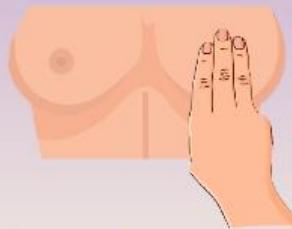
Note down all points in checklist.

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.

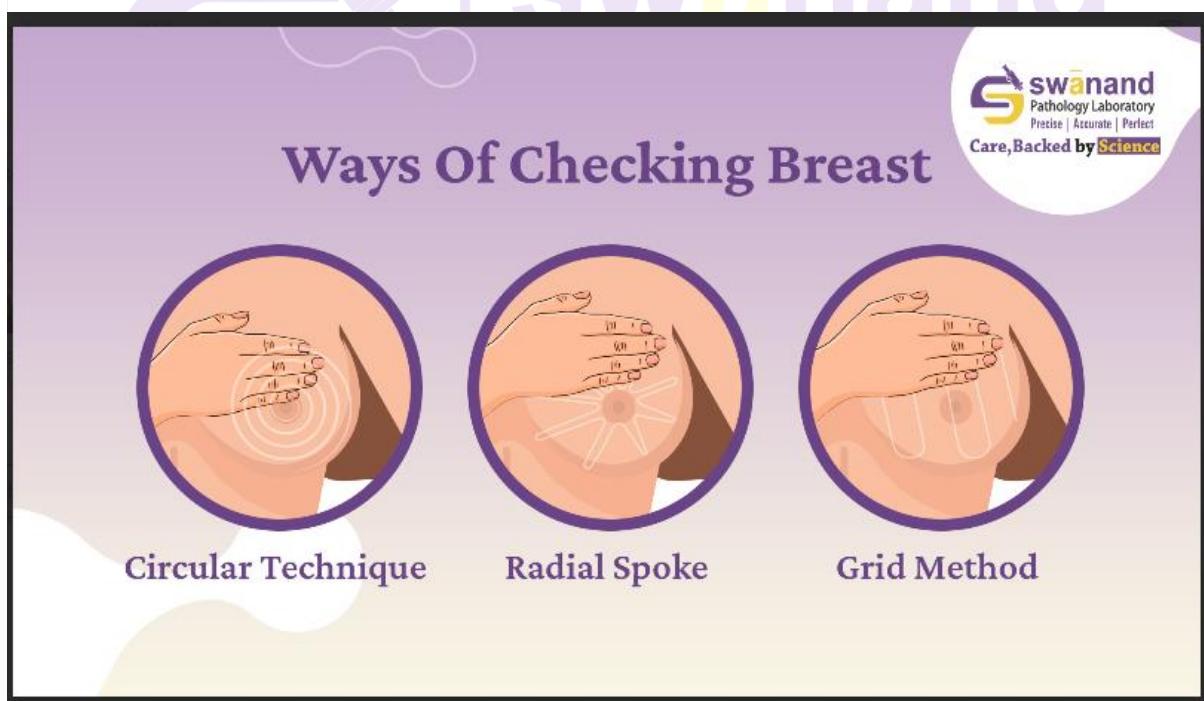


Place pillow under your right shoulder and put your right arm behind your head. Using your left hand move the pads of your three middle fingers around your right breast whole area and armpit.

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:

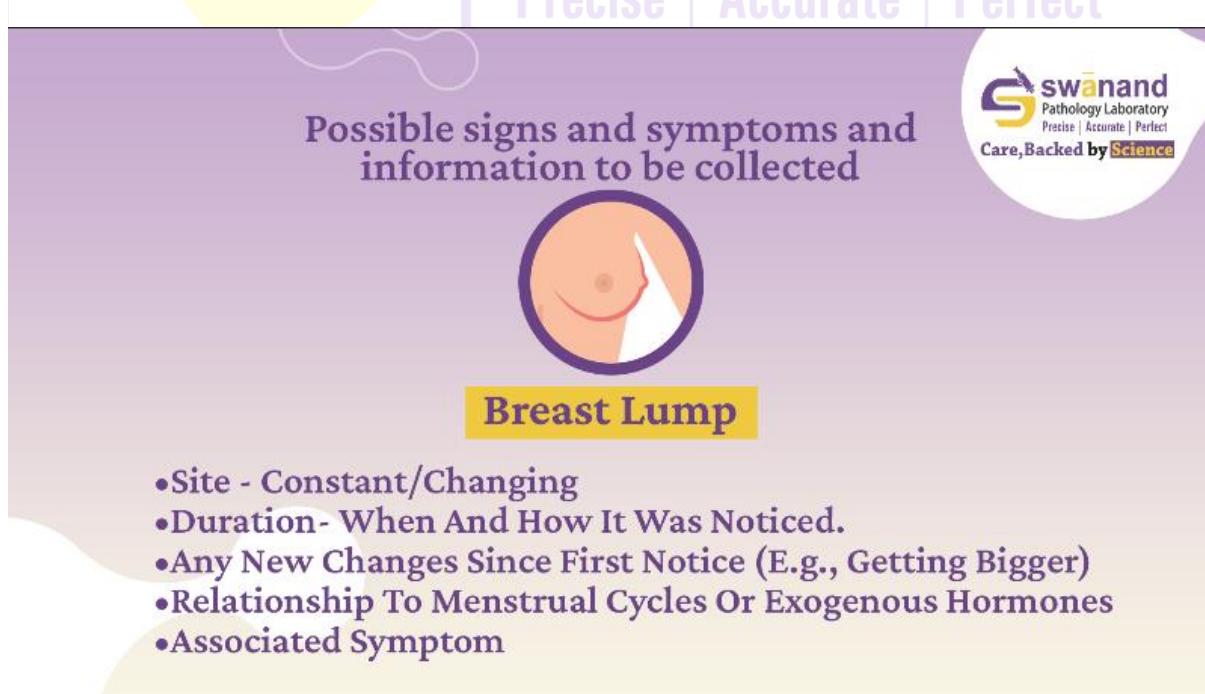
Repeat the same technique in shower.



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

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

PRECISE | ACCURATE | PERFECT



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

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



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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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