**Breast Clinic**

**Overview**

A breast clinic is a specialized unit dedicated to the assessment, diagnosis, treatment, and ongoing care of patients with breast-related concerns. In Jeevan Jyoti Hospital we run a breast clinic as a holistic approach for all breast-related diseases.

**Facilities:**

1. **Multidisciplinary Team**: Our breast clinic consists of a multidisciplinary team of a Surgeon, Oncologist, Radiologist, Pathologist, Geneticist Nurse, and Counsellor. This team approach ensures comprehensive care and expertise from various specialties.
2. **Diagnostic Services**: At our breast clinic we offer a range of diagnostic services, including Mammography, Ultrasound, Magnetic resonance imaging (MRI), and biopsies. **Mammography i**s a soft radiography of the breast, which can pick up as small as a few mm size breast cancer. Mammography is recommended every year after 40 years of age. These tests help in the detection and characterization of breast abnormalities, such as lumps or suspicious lesions.
3. **Consultations**: Patients referred to the breast clinic typically undergo an initial consultation with a specialist. During this consultation, the patient's medical history is reviewed, a physical examination is conducted, and any necessary diagnostic tests are ordered.
4. **Breast Cancer Screening**: We conduct breast cancer screening, which includes routine mammograms for asymptomatic individuals or those at increased risk of breast cancer due to factors such as family history or genetic predisposition.
5. **Treatment Planning**: Following diagnosis, the multidisciplinary team collaborates to develop a personalized treatment plan for each patient. This may involve surgery, chemotherapy, radiation therapy, hormone therapy, targeted therapy, or a combination of these modalities, depending on the type and stage of breast cancer.
6. **Surgical Services**: We conduct surgical interventions for both benign and malignant breast conditions. Common procedures include lumpectomy (breast-conserving surgery), mastectomy (removal of the breast), lymph node biopsy, and breast reconstruction.
7. **Support Services**: We provide various support services to help patients cope with the emotional, psychological, and practical aspects of their diagnosis and treatment.
8. **Follow-up Care**: After completing primary treatment, patients receive ongoing follow-up care and surveillance to monitor for recurrence or complications. This involves regular clinical examinations, imaging studies, and blood tests to ensure optimal health and early detection of any potential issues.
9. **Patient Education and Outreach**: The breast clinic is engaged in community outreach and educational initiatives to raise awareness about breast health, early detection strategies, and risk reduction measures. These efforts aim to empower individuals to take control of their breast health by how to self-examine their breasts and seek timely medical attention when needed.

**Breast Self-Examination (BSE):**

Performing a breast self-examination (BSE) is an important skill for all women above 20 years old to monitor their breast health. Here's a step-by-step guide on how to perform a self-examination of the breasts:

1. **Choose a convenient time**: Perform the examination when your breasts are least likely to be tender or swollen, typically a few days after your menstrual period ends.
2. **Visual Inspection**: Stand in front of a mirror with your arms at your sides. Look for any changes in the size, shape, or contour of your breasts. Check for any skin dimpling, puckering, redness, or changes in nipple position.
3. **Raise Your Arms**: Raise your arms overhead and look for the same changes as in step two.
4. **Manual Examination while Standing or Sitting**: Perform this part of the examination with your fingers so that you can feel for any abnormalities:
   1. Use the pads of your fingers to feel your breasts in a circular motion, moving from the outside to the centre. You can start at the nipple and move outwards or start from the outer edge and move towards the nipple.
   2. Apply light, medium, and firm pressure. Light pressure is to feel the tissue just beneath the skin, medium pressure is to feel the tissue a little deeper, and firm pressure is to feel the tissue closest to the chest and ribs.
   3. Pay attention to any lumps, hard knots, thickening, or any other changes in texture. Also, check for any discharge from the nipples
5. **Manual Examination while Lying Down**: Lie down on your back with a pillow under your right shoulder and your right arm behind your head. Use the same circular motion described in step 4 to examine your right breast. Repeat the process for the left breast.
6. **Check Armpits**: Don’t forget to feel the area around your armpits for any lumps or swelling.
7. **Repeat Regularly**: Perform this self-examination once a month to become familiar with the usual appearance and feel of your breasts. Any changes should be reported to your doctor.

Remember, most breast lumps are not cancerous, but it's essential to consult a doctor if you notice any changes or abnormalities during your self-examination. Regular breast self-exams, along with mammograms and clinical breast exams, can help detect breast cancer early, when it's most treatable.Top of Form

**Key Points:**

* Foods rich in animal fat and diets high in overall fat content should be avoided.
* Weight gain, especially after menopause should be avoided.
* Breast cancer is curable if detected early.
* Breast cancer examination is an important aspect of breast awareness.
* All lumps are not cancer
* Consult your doctor for appropriate diagnosis and treatment at the earliest.

**Why Choose Us:**

At Jeevan Jyoti, the breast clinic provides the comprehensive care of individuals with breast-related concerns, we offer a holistic approach that addresses medical, emotional, and supportive needs throughout the continuum of care.

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