

What follows is the three step procedure for BSE :

1. Lying Down :

Place a pillow under right shoulder. Put right hand under head. Check entire breast area with the finger pads (not tips) of left hand. Use small circles and follow an up and down pattern. Use light, medium and firm pressure over each area of breast. Gently squeeze the nipple for any discharge. Repeat these steps on left breast.



2. Before a mirror :

Check for any changes in the shape or look of breasts. Observe for any skin or nipple changes such as dimpling or nipple discharge. Inspect breasts in four steps : arms at side, arms overhead, hands on hips pressing firmly to flex chest muscles and bending forward.



3. In the shower :

Raise right arm

With soapy hand

and fingers flat

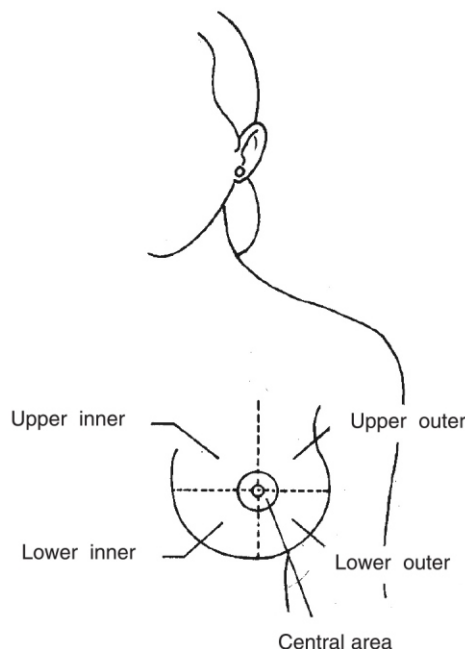
check right breast

Use the method



the "Lying down" step. Repeat on left breast.

4. Feel the whole breast in a systematic manner. The breast is divided into 5 parts, The upper inner area, upper outer area, lower inner area, lower outer area and the central area beneath the nipple. Feel all the parts of the breast without missing any area.



If you happen to find a lump or any other problem with your breast, get it checked up either with your gynaecologist or family doctor.

Do not forget to do your monthly BSE, spending 5 minutes a month can give you a lifetime ! The earlier breast cancer is detected, the better chances of successful treatment.

Benefits of early detection of Breast Cancer through Mammography Screening :

- Increased probability of survival
- Less serious and less expensive treatment
- Lower probability of recurrence of Breast Cancer
- Early detection enables better treatment options like Breast Conservation.

Breast cancer is curable, if it is detected early and has not spread to other parts of the body. Screening **Mammography** is the key to early detection. Mammography is safe & effective, the radiation dose is very low. Mammography is study of the breast with the help of X-rays. Patient should not use any talcum powder or deodorant on the breast or armpits prior to the procedure. It is advisable to do **Mammography** about 7-10 days after periods, to reduce discomfort. **Sonomammography** can also be done, if required, in indicated cases.

SIGNS AND SYMPTOMS

- A lump or a thickening within the breast or armpit.
- A discolouration or change in the texture of the skin overlying the breast (dimpling/puckering / scaling)
- A discharge from the nipple
- A recent change in the nipple direction - retraction [inward turning]
- Pain in the breast

RISK FACTORS

If a woman falls into one of the following categories, her chances of getting breast cancer are more.

- Advancing age.
- A family history of breast cancer, especially if a first degree relative (mother,sister, aunt) had has breast cancer.
- A past history of breast cancer in the other breast or Fibrocystic breast disease.
- A long menstrual life, that is early age of menarche (first period) and late menopause (cessation of periods).
- First pregnancy after 30 yrs.
- Having no children.
- Women who have not breast fed their children for at least six months.
- Dietary factors like consumption of alcohol more than 3 drinks / week, diets rich in animal fat and obesity.
- Hormonal treatment.

FACTS ABOUT BREAST CANCER

With changing lifestyles, today breast cancer afflicts almost 80,000 women each year in India. In Mumbai, a woman would have a life time risk of 1 in 32 of developing Breast Cancer. Also 1 % of all breast cancers occur in males.

GOKUL DIAGNOSTIC CENTRE

Gr. Flr., BPS Ananda
Next to Gokul Scan Centre
off P.K. Road Mulund West

FACILITIES :-

- ❖ 3D & 4D (Live 3D) SONOGRAPHY
- ❖ X-Ray with I I T V
- ❖ MULTISLICE SONOGRAPHY
- ❖ SONOGRAPHY
- ❖ MAMMOGRAPHY
- ❖ 2D & COLOR DOPPLER ECHOCARDIOGRAPHY
- ❖ O.P.G. & LATERAL CEPHALOGRAM
- ❖ WHOLE BODY COLOR DOPPLER

PATIENTS INFORMATION GUIDE FOR BREAST SELF-EXAMINATION (BSE)

Breast Self - Examination (BSE)

This is a simple technique by which every woman above 18-20 years can take an active part in observing changes in her breast suggestive of breast cancer. Ideally it should be performed once a month, a week or so after her periods. If she's stopped or has irregular periods, the examination could be done at the beginning of the month on a fixed day. Perhaps it could be done in the privacy of her bedroom or whilst bathing when the soapy feel of the body makes it convenient for examination.

GOKUL DIAGNOSTIC CENTRE MAMMOGRAPHY CLINIC

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