



# BREAST SELF EXAM

By Miyara Women

Research has shown that early detection of breastcancer makes life better for the patients. They tend to have milder treatments and better survival rates (upto 99%).

Simple and regular home examination can help us spot changes and get necessary medical help as early as possible. In an effort to empower you with some selfcare information, we present in detail the changes one can look out for.

It is best, if this test is done every month for those > 40 years of age or every quarter/annual for those 25-40 years. Check with your doctor if you have any doubts.

You can also check out our blog post about the topic

<https://www.miyarahealth.com/post/breast-cancer-awareness-101>

This work was designed by Dr. Ayshwarya Ravichandran for Miyara Health.



## Breast self-examination (BSE)

Helps in early detection and intervention of breast cancer

### Breast self-examination guidelines

- Make it a routine (once a month is recommended for > 40 yrs).
- Be familiar with the normal appearance of your breasts.
- Breasts change frequently during pregnancy and breastfeeding.

## Visual examination- Breast appearance



With both hands  
above the head



With both hands  
on the hip



## Visual examination- Nipple



Stand in front of a mirror  
in the positions



Normal



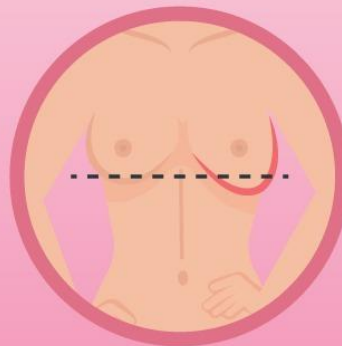
Flat



Inverted



Soreness

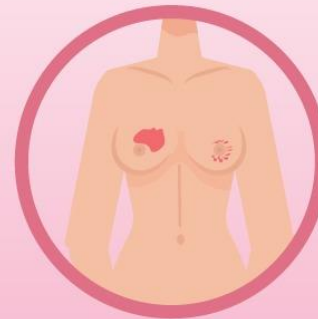


Change in Position

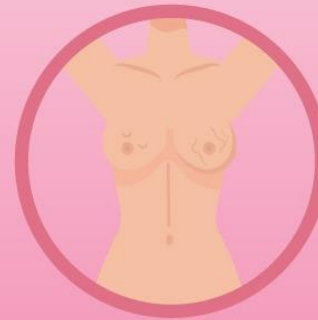


Discharging Any color

## Visual examination- Skin



Redness/rashes



Dimpling /shrinking skin

## Physical examination



**In the above positions,**

1. Apply medium pressure using your finger pads for lump inspection
2. Cover entire breasts and the sides including armpits
3. You can use different motions to feel around (shown below) to ensure complete coverage



Up and Down

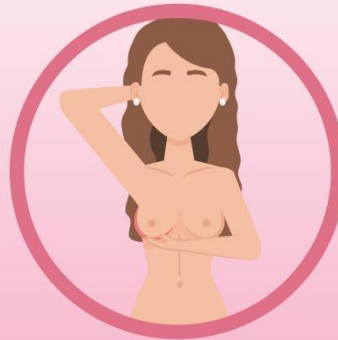


Radial



Spiral

**Do not panic**



Lumps can occur due to regular hormonal changes or injury.  
If you spot one, follow up for a week or two.  
You may wait until your menstrual period is over to see if the lump goes away.  
If it is persistent or grows, go to your doctor right away.

**NOTE:** Lumps that feel harder or different from the rest of the breast (or the other breast) or that feel like a change are a concern and should be checked.

<b>Date</b>	<b>Breast exam (Yes/No)</b>	<b>Notes/Comments</b>