



Cancer Foundation of India
KOLKATA

Breast Self Exam

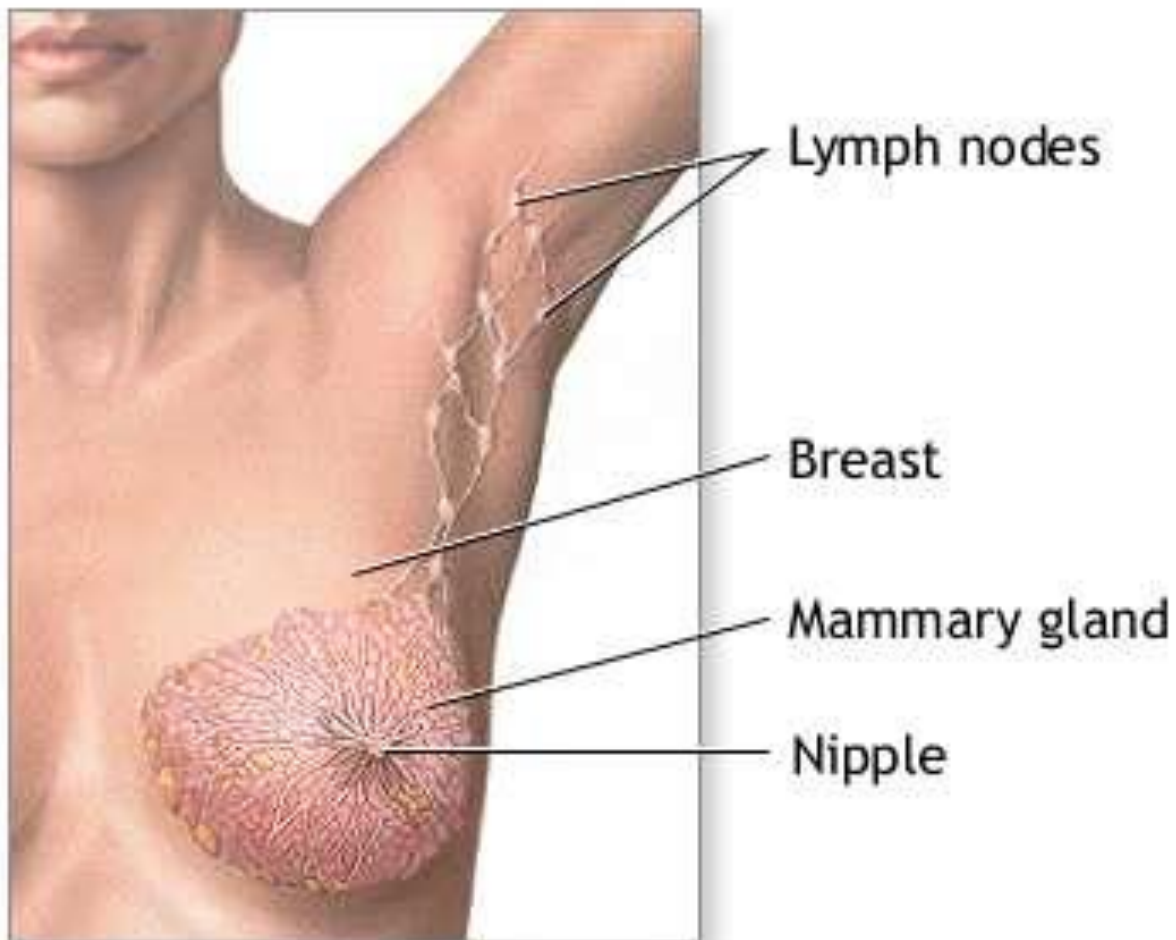
(BSE)

*Detect early
&
Treat early!*



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The Breast





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Ca Breast – Early Detection



- ✓ **Breast self-exam (BSE)**
from 20 years: once a month



- ✓ **Clinical Breast exam (CBE)**
from 30: every 1 to 3 years



- ✓ **Mammography / USG**
On clinical advice

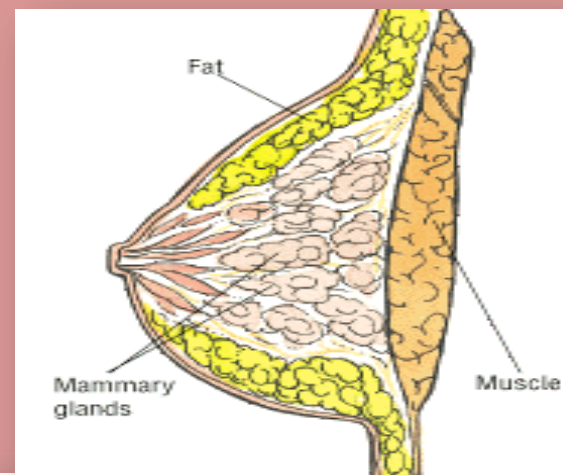
Continue BSE regardless

Lumps

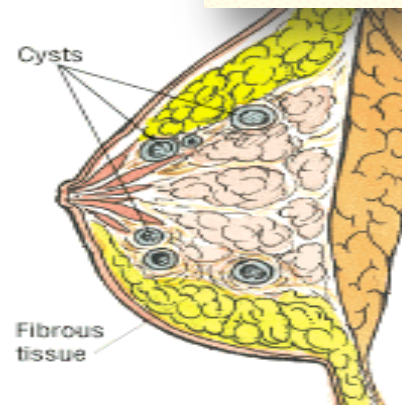
There may / may not be definite discrete lump rather generalized irregularity.

✓ **Benign** (*non-cancerous*)

✓ **Malignant** (*cancerous*)



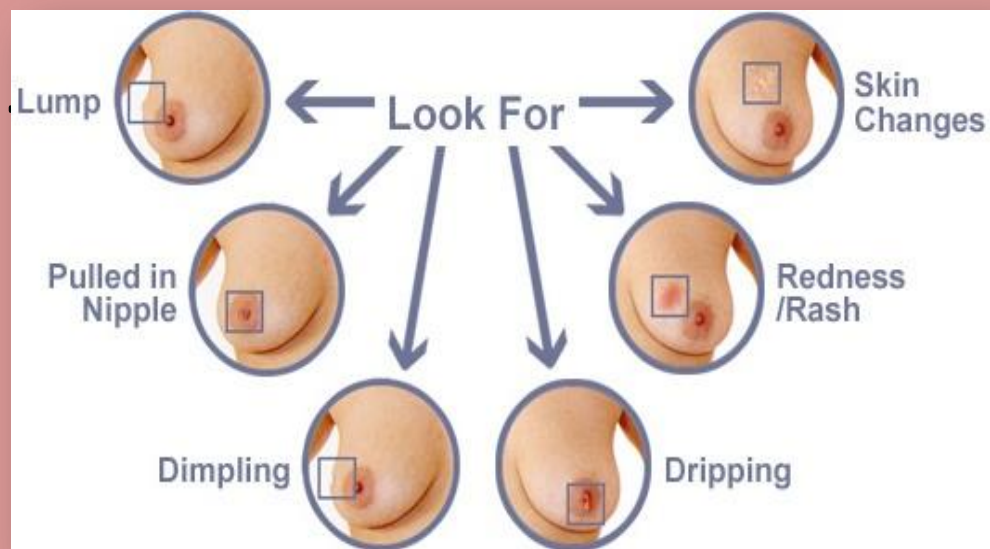
Normal breast tissue.



Fibrocystic breast tissue features cysts and fibrous areas.

Early signs

- ❧ **Lump or thickening within breast or armpit**
(benign / malignant)
- ❧ **Discharge from nipple** *(especially blood stained)*
- ❧ **Discoloration or change in the breast**
(dimpling/puckering/scaling)
- ❧ **Recent change in nipple direction**
retraction
(inward turning)





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Breast Self Exam (BSE)



**7 Steps for
15 minutes
once a month**

To be done ONCE a month after completion of menstrual cycle



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B S E – Set up



- **Select Private, comfortable space**
- **Undress**
- **Standing / Sitting Position**
- **Large Mirror in Well-lit room**
- **RELAX**



Continue BSE ONCE every month



B S E – Step 1



Observe

- **Both arms on waist**
- **Turn arms inwards**
- **Turn around sides to observe changes of shape, size in both breast**

Continue BSE ONCE every month



B S E – Step 2



Observe

- Bend slightly forward...bow towards mirror
- Observe - changes in shape again

Continue BSE ONCE every month



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B S E – Step 3



Observe

- **Raise hands over head**
- **Keep hands behind head & press forward**
- **Turn side by side to look for any change**

Continue BSE ONCE every month



B S E – Step 4



- ✓ Lie down
- ✓ Keep folded towel / thin pillow

- **Keep folded towel/pillow**
 - under left shoulder to check left breast with right hand
 - under right shoulder to check right breast with left hand

Continue BSE ONCE every month



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B S E – Palm position



Hand movement

- ✓ Use pad of 3 fingers
- ✓ Glide across breast to palpate don't lift
- ✓ Examine total breast area
- ✓ Use soap/powder for smooth movement
- ✓ Use palm only if no sensation in fingers



Continue BSE ONCE every month



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B S E – Area



Area to palpate

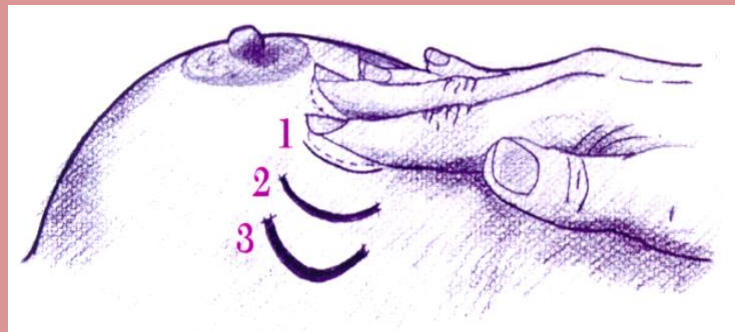
- **Check the entire area form neck to armpit to bottom of each breast**

Continue BSE ONCE every month

B S E – Pressure

Pressure of Palm

- Press to feel breast tissue
- Put finger...press in small circle...once light...once medium...once deep
- Glide to next area (don't lift)...repeat

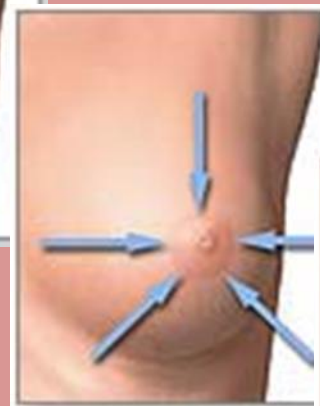
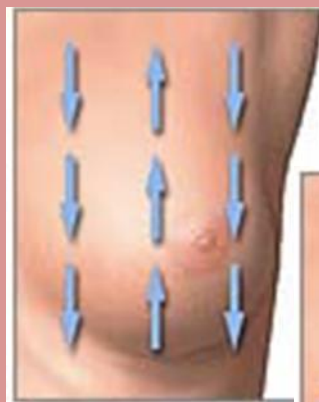
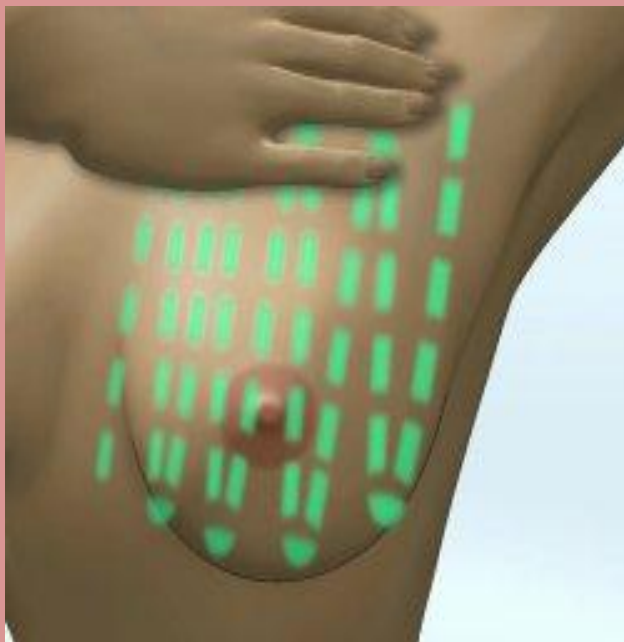


Continue BSE ONCE every month

B S E – Step 5

Direction of Palpation

- Any 3 motion style
- Cover each breast fully



Continue BSE ONCE every month



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B S E – Lump



Lump / bump / thickening



Dimpling



Continue BSE ONCE every month

B S E – Appearance



Pain

Orange peel texture



Redness of skin/eczema



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B S E – Appearance



Nipple direction



Nipple retraction



Continue BSE ONCE every month

Retraction



Real pictures of nipple retraction (inward turning)



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B S E – Step 6



Armpits

- **Pay special attention to this area**

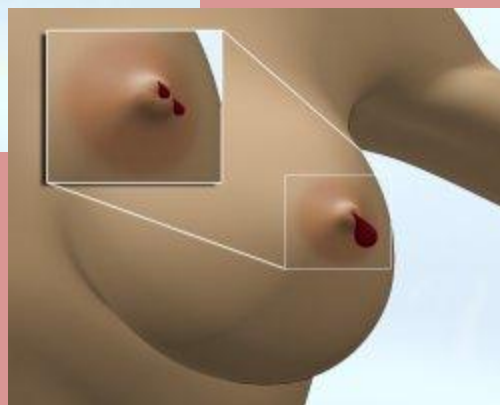
Continue BSE ONCE every month



B S E – Step 7

Check nipple

- Squeeze nipple for discharge...dripping...leaking
- Blood (reddish), greenish etc.



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Continue BSE ONCE every month



After B S E

Normal BSE reported

Repeat BSE

- **Once every month**

Abnormal BSE reported

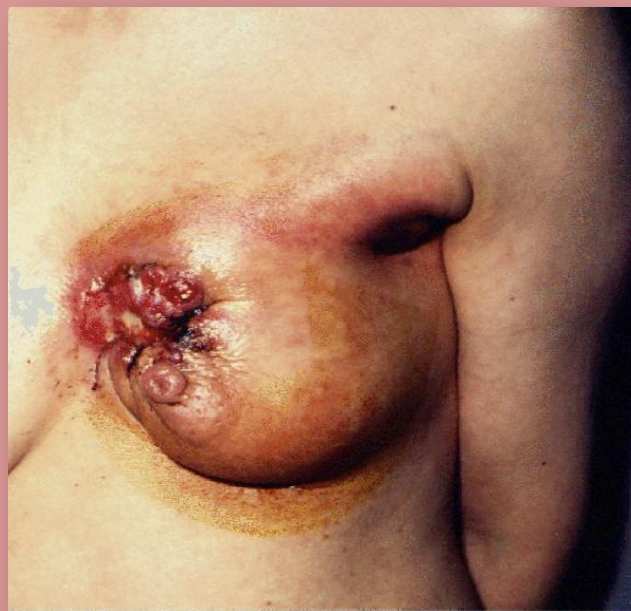
CBE

- **Visit trained nurse / doctor for Clinical Breast Exam (CBE)**

Abnormal CBE goes for Diagnosis & Treatment

Don't miss B S E

**Advanced / untreated
disease can be serious**





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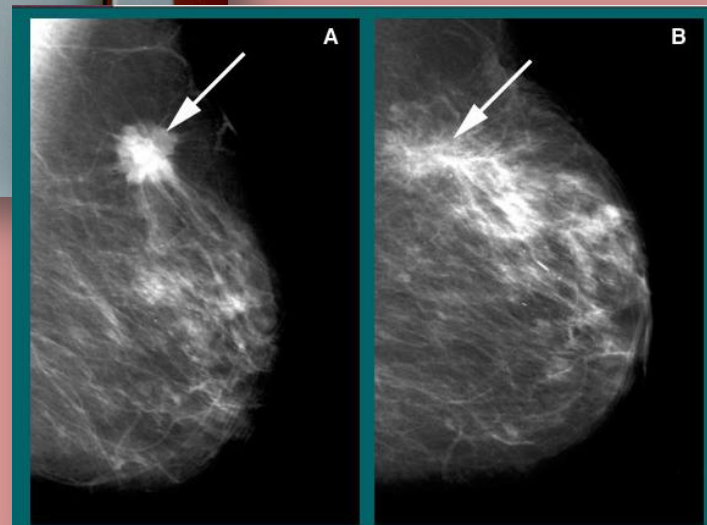
Ca Breast Diagnosis

- ↪ **Mammography**
- ↪ **USG of Breast**
- ↪ **MRI of Breast**
- ↪ **FNAC**
- ↪ **True cut biopsy**
- ↪ **Excision biopsy**

Mammography



**A specialised X-ray
of the breast**



Be Breast Aware

*DETECT early
REPORT early
TREAT early*



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