Breast Self Exam (BSE)

Detect early & Treat early!

Cancer Foundation of India
KOLKATA
The Breast

A public health initiative of Cancer Foundation of India
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
There may / may not be definite discrete lump rather generalized irregularity.

✓ **Benign** *(non-cancerous)*

✓ **Malignant** *(cancerous)*
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)*
Breast Self Exam (BSE)

A public health initiative of Cancer Foundation of India

7 Steps for 15 minutes once a month

To be done ONCE a month after completion of menstrual cycle
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
BSE – 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
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
A public health initiative of Cancer Foundation of India

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

*Area to palpate*

*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
BSE – Step 5

Direction of Palpation

- Any 3 motion style
- Cover each breast fully

Continue BSE ONCE every month
Continue BSE ONCE every month
BSE – Appearance

Orange peel texture

Pain

Redness of skin/eczema

Continue BSE ONCE every month
BSE – Appearance

Nipple direction

Nipple retraction

Continue BSE ONCE every month
Retraction

Real pictures of nipple retraction (inward turning)
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.

Continue BSE ONCE every month
Normal BSE reported

• Once every month

Repeat BSE

Abnormal BSE reported

CBE

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

Abnormal CBE goes for Diagnosis & Treatment

A public health initiative of Cancer Foundation of India
Advanced / untreated disease can be serious
Ca Breast Diagnosis

- Mammography
- USG of Breast
- MRI of Breast
- FNAC
- True cut biopsy
- Excision biopsy
A specialised X-ray of the breast
Be Breast Aware

DETECT early
REPORT early
TREAT early

A public health initiative of Cancer Foundation of India