

## Breast Clinic

### THREE IMPORTANT STEPS TO MAINTAIN HEALTHY BREASTS



1. Monthly self-examination
2. Yearly examination by doctor
3. Regular mammography and / or ultrasound



### BREAST SELF-EXAMINATION INSPECTION

1. In front of a large mirror:

- Standing erect with both arms by the side
- Standing erect and pressing hands on hips
- Standing erect with both arms above the head
- Bending slightly forwards from the waist



2. View the breasts from each side, as well as facing forward and look for the following:

- Asymmetry
- Redness or changes in skin color
- Puckering, dimpling or bulging of skin
- Inversion, or other changes in the nipple

### PALPATION



1. You should do this in both the standing or lying positions. Place one of your hands behind your head, and with the other hand, press the pads of your three middle fingers on the breast. Using a circular massaging motion, feel for any lump or area of thickening. Using the flat of the fingers, begin at the nipple, and gradually work in a clockwise motion towards the margins of the breast and axilla (armpit).
2. Gently squeeze each nipple to check for any discharge or blood.
3. Check the other breast using the same technique.



### TIPS FOR BREAST SELF-EXAMINATION

Early detection means increased prospects of cure. Some doctors advise that breast self-examination should be performed from age 20. The best time to perform this examination is between the 7th and 10th days after the start of your period. Postmenopausal women should examine their breasts on the first day of each month. Regular self-examination makes early detection of any abnormality more likely, and should then lead to immediate assessment by the doctor. Because breast self-examination can detect only some of the manifestations of breast cancer, it is necessary to have regular examinations and screening tests by doctor.



### HEALTHY BREAST MAINTENANCE SCHEDULE

Examination Age	Self-Examination	Examination by Doctor	Ultrasound Breast	Mammogram
20-34	Monthly	Every 2-3 years	-	-
35-39	Monthly	Every 2 years	Yearly	-
40-49	Monthly	Yearly	Yearly	Every 2 years
50+	Monthly	Yearly	Yearly	Every 1-2 years

