



BREAST CANCER DETECTION WEEK



Date : 25-10-2021 to 30-10-2021



GIMSR - Visakhapatnam



GITAM INSTITUTE OF MEDICAL SCIENCES AND RESEARCH



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Triple Assessment

Do it yourself
Monthly breast self-exam

1. Stand before a mirror. Inspect both breasts for anything unusual, such as any discharge from the nipples, puckering, dimpling, or swelling of the skin. The next two steps are designed to emphasize any change in the shape or contour of your breasts. You should be able to feel your chest muscles tighten while doing these steps.

2. Washing clearly in the mirror, keep hands behind your head and press hands forward.

3. Next, press hands firmly on hips and bow slightly toward your center as you pull your shoulders and elbows forward.

Some women do steps 4 and 5 in the shower. Soaps glide over soapy skin, making it easy to concentrate on the breast underneath.

4. Raise your left arm. Use slow or four fingers of your right hand to palpate your left breast firmly, carefully and thoroughly. Beginning at the outer edge, press the fat part of your fingers in small circles, moving the circles slowly around the breast. Gradually work toward the nipple. Be sure to cover the entire breast. Pay special attention to the area between the breast and the armpit, including the armpit itself. Feel for any unusual lumps or areas under the skin. Repeat the exam on your right breast.

5. Carefully examine each nipple and look for a discharge.

6. Steps 4 and 5 should be repeated lying down. Lie flat on your back, right arm over your head and a pillow or folded towel under your left shoulder. This position flattens the breast and makes it easier to examine. Use the same circular motion described earlier. Repeat on your right breast.

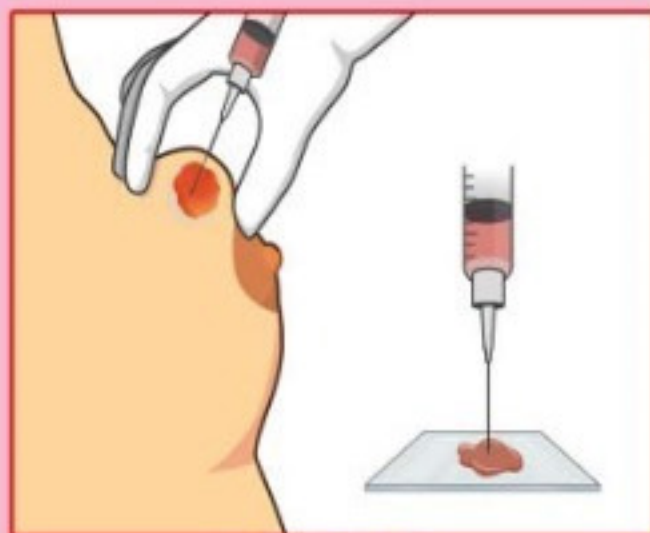
CLINICAL BREAST EXAM

includes;

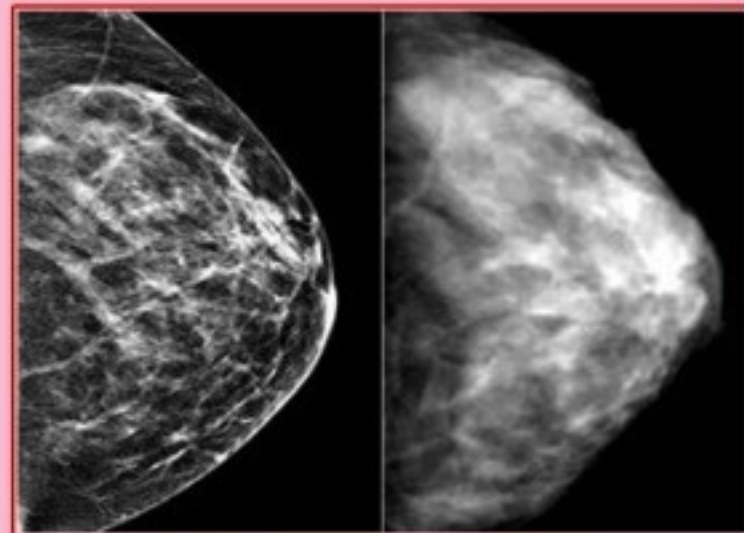
- careful history-taking,
- visual inspection,
- palpation of
 - both breasts,
 - armpits and
 - root of the neck
- educating women on breast self-examination and awareness, particularly on breast lumps.

Breast Self Examination

1. Clinical Breast Examination



2. FNAC



3. Mammography

Management of Breast Cancer Patients

TREATMENT

The main types of treatment for breast cancer are:

- Surgery.
- Radiation therapy.
- Chemotherapy.
- Hormone therapy.
- Targeted therapy.
- Bone-directed therapy.

