

The Sooner the better : Breast Cancer is the No. 1 cancer killer in Mumbai today. So, the earlier you begin self-examination the better. As you become more familiar with your breasts, you will be able to discover changes in them more readily. By following these steps, you will

When....

Monthly: Morning or evening is the best time to perform self-examination.

Pre-menopausal: Perform breast self-examination 7 to 10 days after the start of your period.

Post-menopausal/Post-hysterectomy*: Mark a day on the calendar, preferably the first day of each month.



Even with self-examination, it is important to see your doctor for an annual checkup.

If you discover something unusual visit your doctor. That same visit may save your life.

If you are over 40, then you should have a mammogram every year (or as recommended by your doctor).

*Post-hysterectomy women whose ovaries have not been removed should choose a time during the month devoid of "pre-menstrual" symptoms, particularly when they have tender, swollen breasts.

Where....

1 Visual Check: The first step of your examination should start

2 Hand Check: Conduct the second step in your shower. For best results, make sure your hands are soapy.

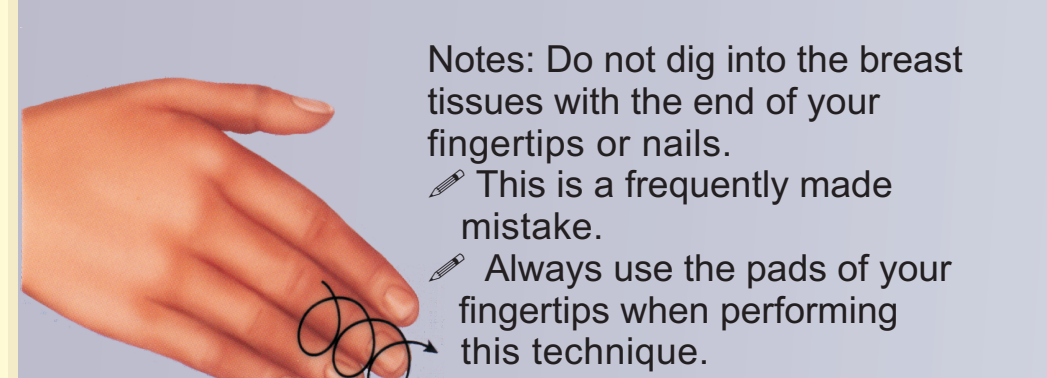
3 Lying Down : This last step is conducted lying down on a firm or flat surface.

How to Do it....

What you are feeling for is usually not close to the surface of your skin; instead, it is below the surface and sometimes very deep.

The most sensitive areas of touch are situated in the pads or bulbs of your fingertips; use two or more fingers together rather than a single finger.

Gently press down on the skin, making sure the skin moves with your fingertips; rotate your fingers clockwise in small circular motions (see below) and use varying



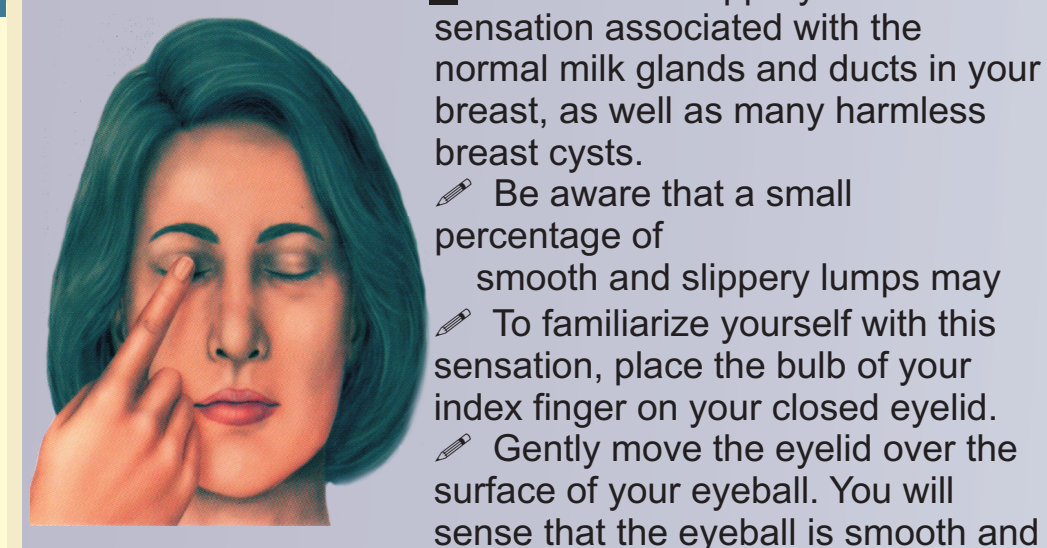
Notes: Do not dig into the breast tissues with the end of your fingertips or nails.
 This is a frequently made mistake.
 Always use the pads of your fingertips when performing this technique.

What to Look For.....

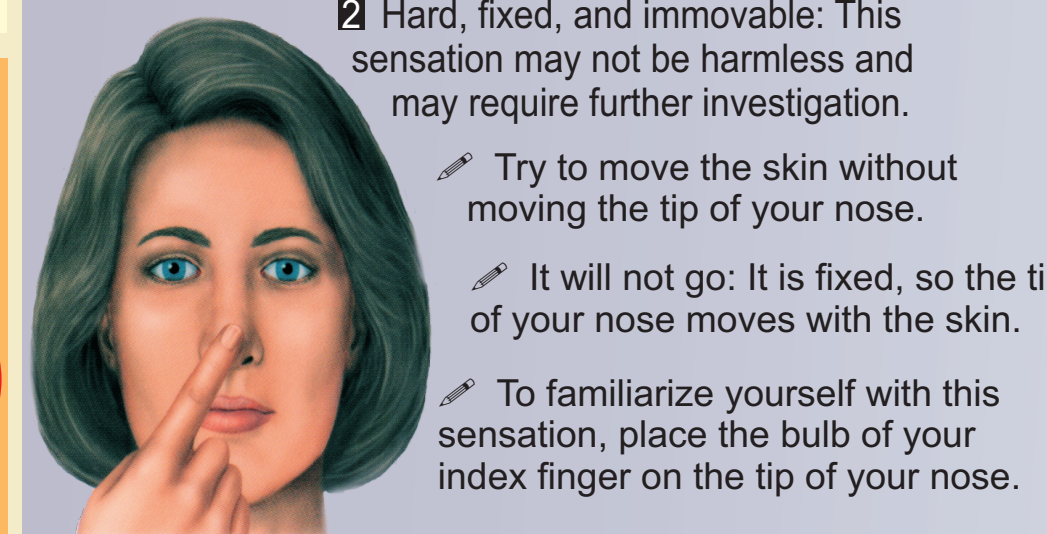
It is important to learn what is normal for your breasts. By examining your breasts monthly, you will become familiar with how they look and feel.

It may be normal for them to feel a bit lumpy. Check for any areas in your breast and that feel thicker or harder than the rest of your breast.

There are two sensations to be aware of:

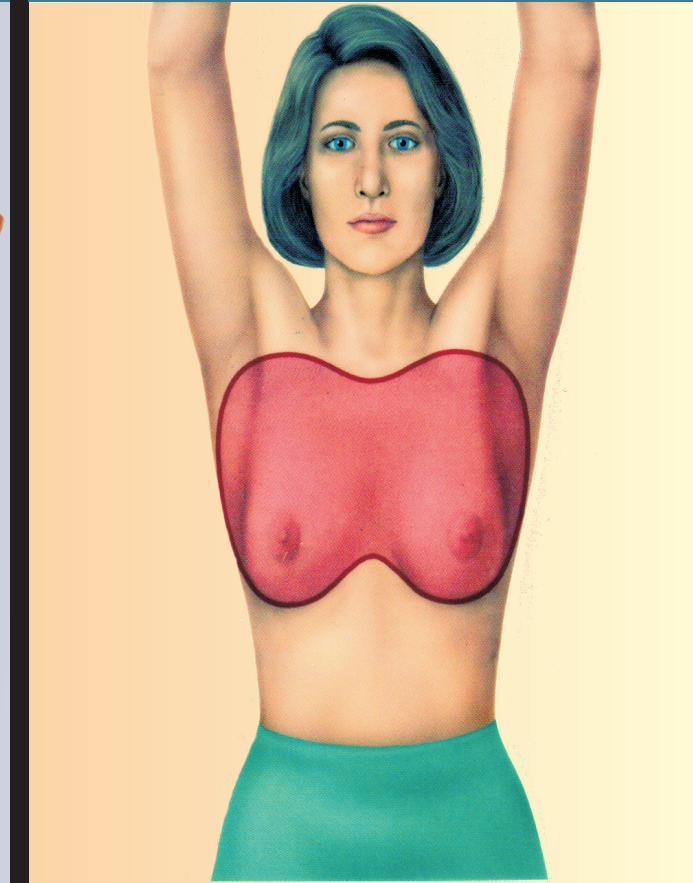


1 Smooth and slippery: This is the sensation associated with the normal milk glands and ducts in your breast, as well as many harmless breast cysts.
 Be aware that a small percentage of smooth and slippery lumps may be cancerous.
 To familiarize yourself with this sensation, place the bulb of your index finger on your closed eyelid.
 Gently move the eyelid over the surface of your eyeball. You will sense that the eyeball is smooth and



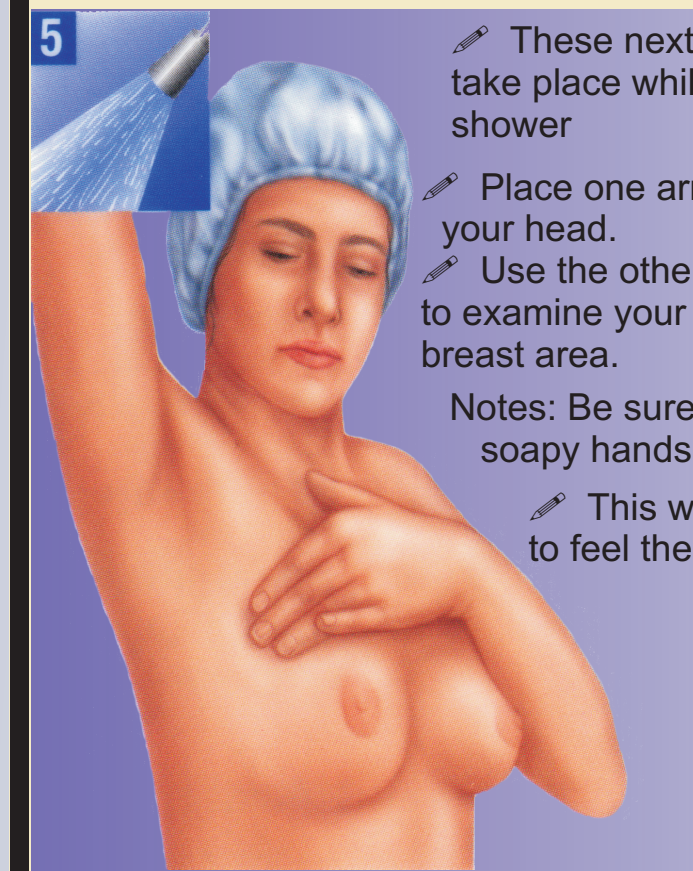
2 Hard, fixed, and immovable: This sensation may not be harmless and may require further investigation.
 Try to move the skin without moving the tip of your nose.
 It will not go: It is fixed, so the tip of your nose moves with the skin.
 To familiarize yourself with this sensation, place the bulb of your index finger on the tip of your nose.

Area of Examination



Examine the area from your neck to the underside portion of your breast and from the armpit to the breastbone.

Also check for any nipple



These next two steps take place while you are in shower

Place one arm above your head. Use the other hand to examine your breast and breast area.

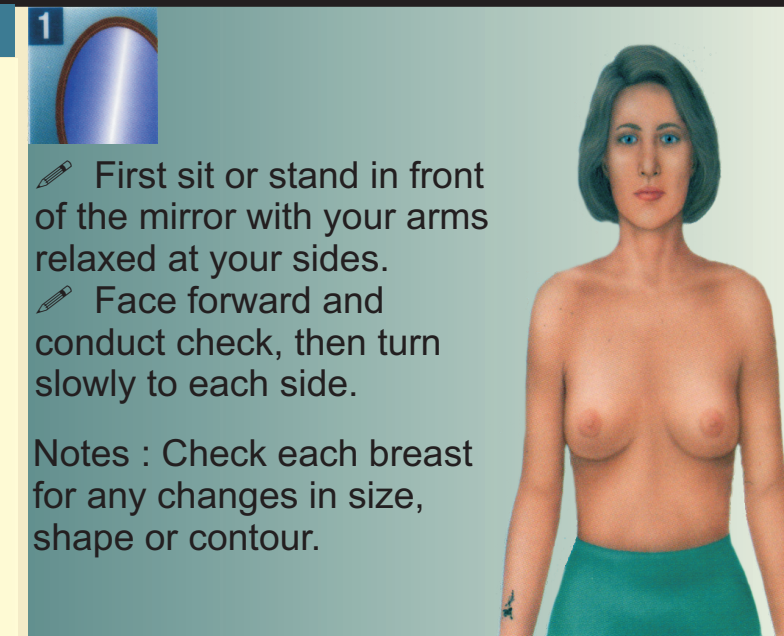
Notes: Be sure to use soapy hands.

This will help you to feel the tissue

Lie down on a bed or flat surface.

Examine your breasts using one of the methods described in step 6.

Note: Use hand lotion to make your fingers more sensitive.



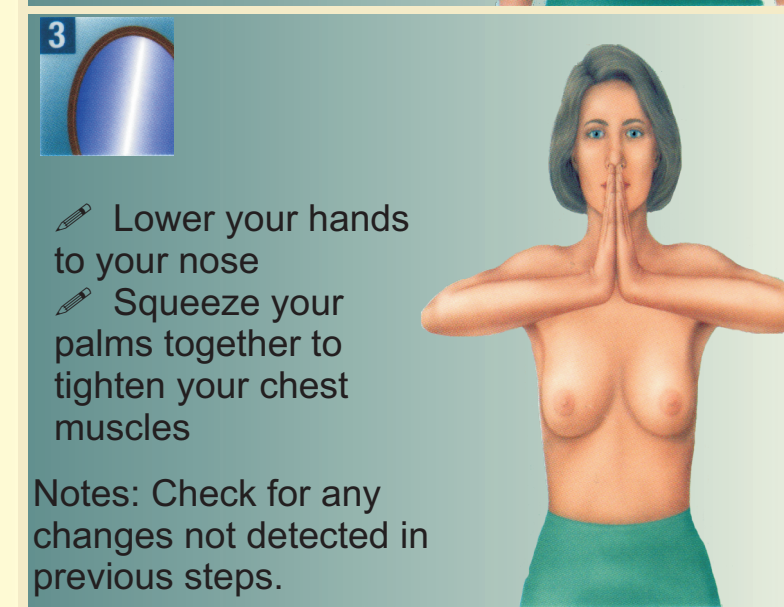
1 First sit or stand in front of the mirror with your arms relaxed at your sides. Face forward and conduct check, then turn slowly to each side.

Notes : Check each breast for any changes in size, shape or contour.



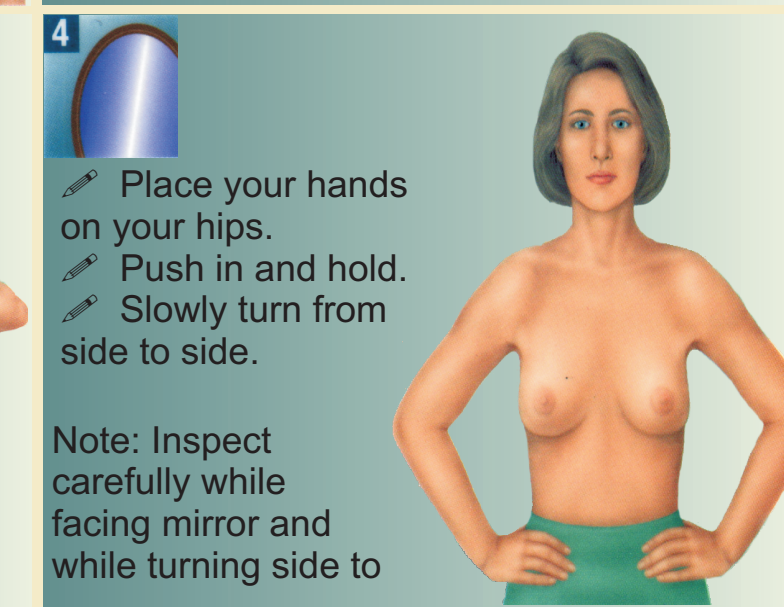
2 Raise your arms straight above your head. If your breasts are large you may need to lift each breast to see the lower part of the breast area.

Notes: Look for obvious lumps, dimpling, flattening, reddening, sores or rashes. Also look for any changes in the nipples.



3 Lower your hands to your nose. Squeeze your palms together to tighten your chest muscles

Notes: Check for any changes not detected in previous steps.



4 Place your hands on your hips. Push in and hold. Slowly turn from side to side.

Note: Inspect carefully while facing mirror and while turning side to

Dietary Advice

Medical research is beginning to find trends between one's diet and various forms of cancer.

It is important to eat a balanced diet high in fiber, fruits and vegetables and low in saturated fats.

Vitamin A (Beta-carotene), C and E all show promising signs in assisting the fight against cancer.

VITAMIN A (BETA-CAROTENE)

Sources: Carrots, squash, broccoli, spinach, endive, fish, liver, milk.

Recommended Daily Allowance (RDA) : 4000 IU.

VITAMIN C

Sources: Brussels sprouts, cauliflower, peas, cabbage, oranges, lemons, pineapples, strawberries, grapefruit, raspberries.

RDA: 1000 IU in divided doses.

VITAMIN E

Assists in hormonal production and immune function.

Sources: Vegetable oils, nuts, and whole grains are the richest sources.

RDA: 200-400 IU divided into two doses.

Most Important thing to remember

- Perform self-examination regularly.
- Immediately show any changes to your doctor.
- If you are above 40, get mammography done.

Breast Self - Examination

Issued in Public Interest

LIVE 4D

B.M.D

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- Gently press down on the skin, making sure the skin moves with your fingertips; rotate your fingers clockwise in small circular motions (see below) and use varying levels of pressure to feel the full depth of the breast tissue.



Notes: Do not dig into the breast tissues with the end of your fingertips or nails.
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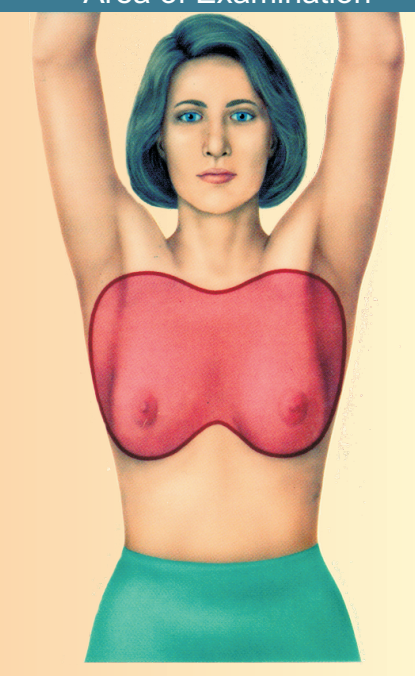
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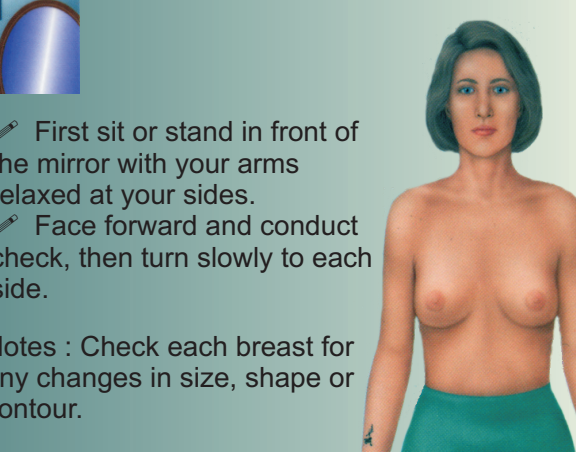
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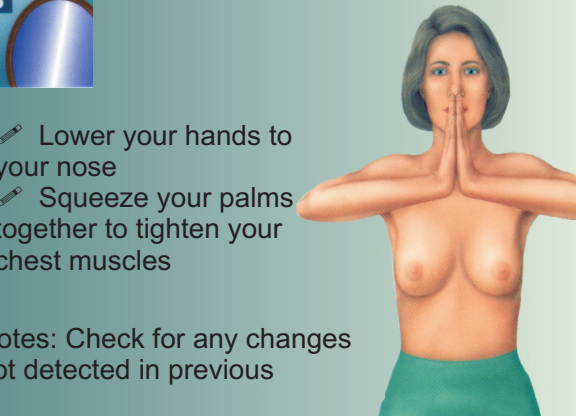
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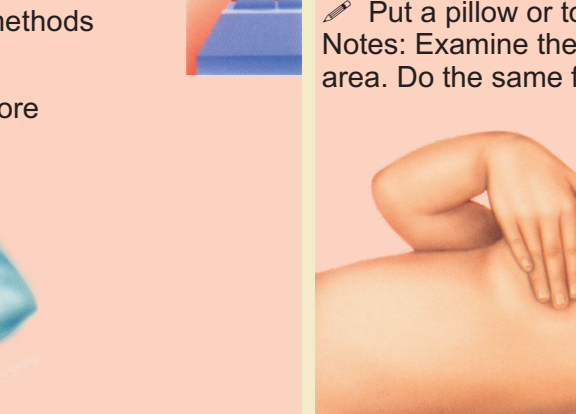
6

Continue to examine your full breast and underarm as shown in How to Do It...

A Clock (wedge) method: Think of your breast as a
 Start at 12 o'clock position located right below your collarbone.
 Move your fingers toward the nipple, then back to the edge, making a wedge shape.

B Circle (spiral) method: Begin at the outer edge of your breast, moving your fingers, slowly around the entire breast.
 When you return to where you started, make a smaller circle and repeat.

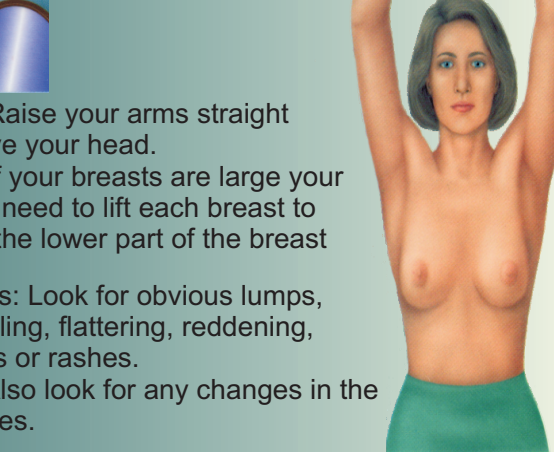
7



- Roll to one side and place your arm behind your head.
- Put a pillow or towel under your shoulder for support.

Notes: Examine the outer side of your breast and underarm area. Do the same for the other breast.

2



- Raise your arms straight above your head.
- If your breasts are large you may need to lift each breast to see the lower part of the breast

Notes: Look for obvious lumps, dimpling, flattening, reddening, sores or rashes.
 Also look for any changes in the nipples.

4




- Place your hands on your hips.
- Push in and hold.
- Slowly turn from side to side.

Note: Inspect carefully while facing mirror and while turning side to side.

6

C Vertical Strip method: Start in your armpit and move down to just below your
 Move your fingers over the width of one finger.
 Move up again.
 Continue this up and down pattern.

8



Dietary Advice

- Medical research is beginning to find trends between one's diet and various forms of cancer.
- It is important to eat a balanced diet high in fiber, fruits and vegetables and low in saturated fats.
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VITAMIN A (BETA-CAROTENE)

Sources: Carrots, squash, broccoli, spinach, endive, fish, liver, milk.

Recommended Daily Allowance (RDA) :

VITAMIN C

Sources: Brussels sprouts, cauliflower, peas, cabbage, oranges, lemons, pineapples, strawberries, grapefruit, raspberries.

RDA: 1000 IU in divided

VITAMIN E

- Assists in hormonal production and immune function.

Sources: Vegetable oils, nuts, and whole grains are the richest sources.

RDA: 200-400 IU divided into two doses.