



TRINAYAN
HEALTHCARE & RESEARCH CENTER
HOSPITAL

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BREAST CANCER AWARENESS: YOUR GUIDE TO PREVENTION





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Awareness is the first step
towards prevention and support –
together we can fight
breast cancer.





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Breast cancer ranks as the second leading cause of cancer-related deaths among women, following skin cancer. To safeguard yourself, it's essential to perform a breast self-exam each month.



Breast Cancer Screening Guidelines:

Ages 20-39:

Perform a breast self-exam once a month.

Ages 40-49:

Continue monthly breast self-examinations and **schedule a mammogram once a year.**

Ages 50 and Above:

Perform a breast self-exam once a month and **have a mammogram every two years.**



How to Do a Breast Self-Exam

1. In the Shower

Position Your Arm: Place your left arm behind your head.

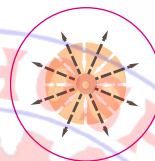
Use Your Fingers: With the three middle fingers of your right hand, perform your breast self-exam (BSE) using the pads of your fingertips. Focus on one breast, then repeat the process on the other side.

Apply Different Pressures: Use three types of pressure during your exam:

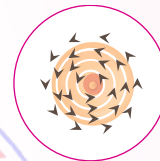
- Light pressure
- Medium pressure
- Firm pressure
(to feel deeper within the breast)



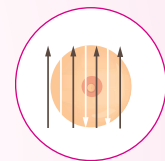
Choose Your Pattern: Use one of the three patterns shown below for your exam:



Wedge



Circle



Up & Down

Examine Your Breast Area: Start above the breast (collarbone) and move down to below the breast, where you feel your ribs.

Examine from your armpit all the way over to the middle of your chest.

Method:

- Make small circles with your fingertips, starting in the middle of your armpit.
- Move up and down the breast area from top to bottom, ensuring you cover the entire breast to detect any lumps or changes.

Repeat: Conduct the same exam on the other breast following these steps.

2. In a Mirror

Examine the Appearance:

- Observe the size and shape of each breast and nipple.
- Look for any signs of swelling, lumps, dimpling (similar to an orange peel), scaly skin, or other skin changes.



- Check for any nipple changes, such as pain or if the nipple is pulling inward.

Positions for Examination:

You can either sit or stand to examine your breasts in these three positions:

- With your arms relaxed and hanging down at your sides.
- With your hands raised and joined behind your head.
- With your hands placed firmly on your hips while bending slightly forward.



3. Lying Down

Why It Helps: When you lie down, your breast tissue spreads more evenly over your chest, making it easier to feel for lumps or any changes.

How to Begin: Place a small pillow or towel under your left shoulder and put your left arm behind your head.

Examine Using Your Right Hand: Follow the same steps for a breast self-exam (BSE) as you did in the shower, applying different pressures to feel both surface and deeper areas.

Repeat on the Other Side:

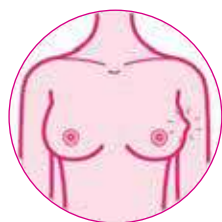
Use the same steps to examine your right breast.



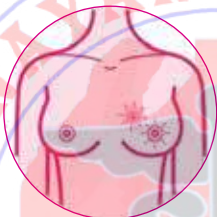


Awareness for Breast Health

Have you noticed any of these common symptoms that may suggest breast cancer?



Lumps



Breast or nipple pain



Changes to skin texture



Nipple Discharge



Nipple retraction or inversion



**Lymph node changes
Lump in armpit**



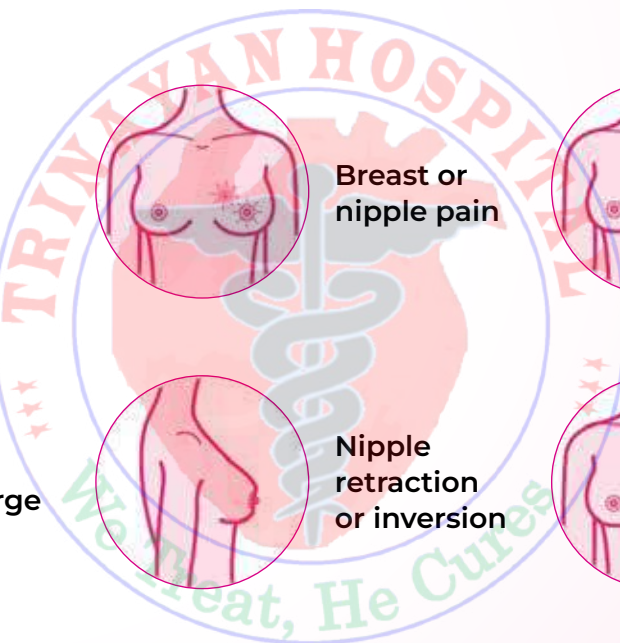
Dimpling



Redness



Swelling



Years of
TRUST

Appointment



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Emergency



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