

#TimeToExamine

Breast cancer is the most common type of cancer, among Indian women. It can happen to anyone and cannot be prevented. However, detection at an early stage can lead to an effective treatment. Being familiar with your breasts is an important part of good breast health, making it easier to check for abnormalities, if any, during a self-examination.

Breast cancer is not painful and hence could be easily ignored. But with regular self-examination, the symptoms could be spotted and immediate action could be taken.



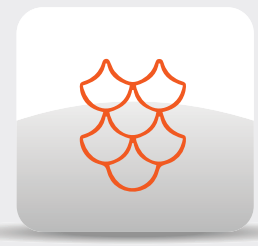
Change in one's breasts - size/ shape



You can feel a lump in the breast or armpit



There is a sunken dip (dimple) on the nipple or elsewhere on the breast



Red or scaly skin on a breast that doesn't go away

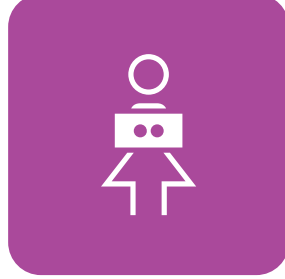


A clear or bloody fluid comes out of a nipple

If during the self-examination, you spot anything suspicious then you need to see a doctor immediately. Your doctor may then perform a physical examination and that may include:



Feeling (palpating) the breast and armpits



Breast x-ray (mammography)



Ultrasound (sonography)



Magnetic resonance imaging (MRI)



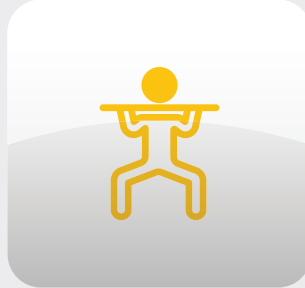
Biopsy (taking a tissue sample for lab analysis)

If breast tumor is detected, then more tests would be performed to check if it has spread to the other breast or other parts of the body. If anything abnormal is detected, that part of the body would be examined more closely.

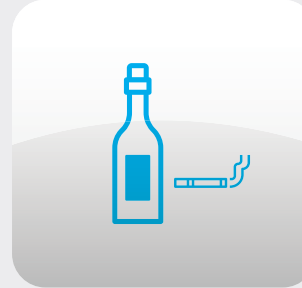
While breast cancer cannot be prevented, certain steps can be taken to ensure a healthy life.



Maintain correct body weight



Exercise regularly



Avoid smoking and excessive alcohol



Breast-feed



Avoid unnecessary radiation exposure

TRIVIA



One woman is diagnosed with breast cancer, in India, every 4 minutes



Risk of breast cancer increases with age



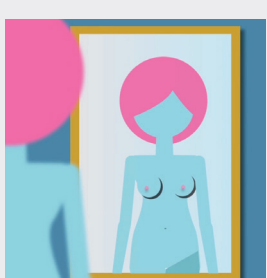
Every woman above 25 should self-examine her breasts and start screening once she reaches 40



Men also get breast cancer, but it is not very common

BREAST CANCER AND SELF-EXAMINATION

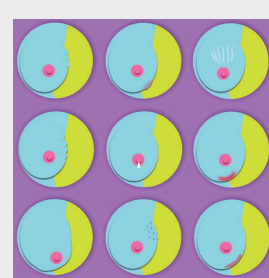
Regular breast self-examination can be an important way to spot breast cancer earlier, when it's more likely to be treated successfully. This 5-step self-examination is a convenient and inexpensive tool that can be used on a regular basis and at any age. This test should usually be performed a week after your periods.



STEP 01

Keeping your shoulders straight with arms on your hips, look at your breasts in the mirror. Here's what you should look for:

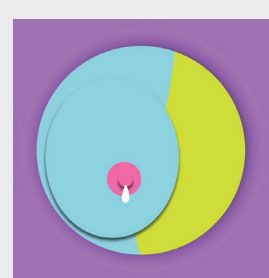
- Shape
- Colour
- Size
- Contour



STEP 02

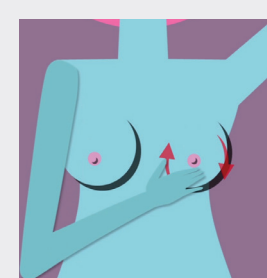
Now, raise your arms and look for the changes.

- Dimpling, puckering, or bulging of the skin.
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- Redness, soreness, rash, or swelling



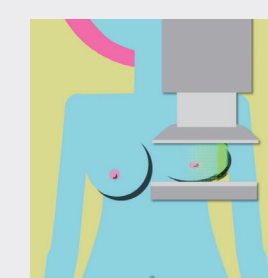
STEP 03

Look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood)



STEP 04

Use the 3-finger technique. Take your index, middle and ring finger and place it on your breast, gradually keep increasing pressure in a circular motion. Follow a simple U-shaped path starting from your arm pit move on to your bra line then on to your collar bone.



STEP 05

Any changes should be reported to the doctor at the earliest. If you are above 50 years of age then a routine check-up and a mammogram once every two years is recommended.

IF YOU FIND A LUMP

**DON'T PANIC
DON'T HESITATE TO CALL YOUR DOCTOR**