

# BREAST SELF EXAMINATION

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# WHAT

It is a screening method used by individuals to detect early signs of breast cancer. It involves a person visually inspecting and physically palpating each breast to check for lumps, changes in shape, swelling, or other unusual signs.



# WHY

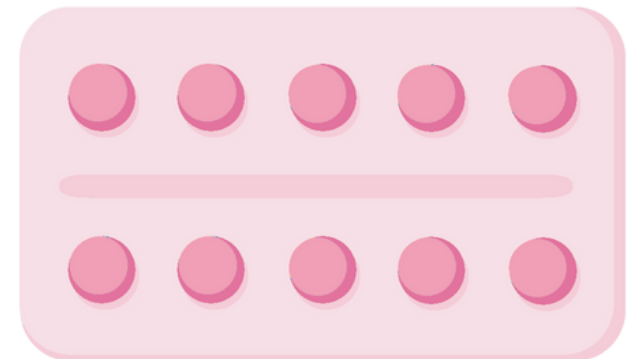
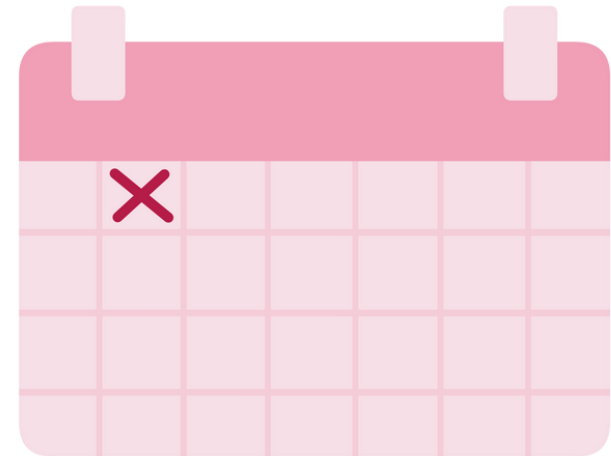


- Promotes awareness of the woman's body.
- Can help identify abnormalities early.
- Early detection can also improve treatment options.



# WHEN

- Usually 3-5 days after menstruation has ended.
- If not menstruating due to menopause or hormonal contraception? Pick a calendar date and be consistent.





If you've had mastectomy, implants  
or have normal lumpy breast, or are  
pregnant or breastfeeding?

**PERFORM YOUR BSE STILL!**

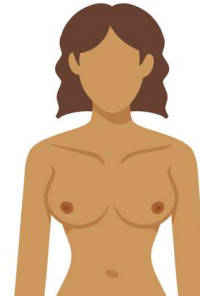
# HOW

## 1 Visual inspection of the breasts and nipples.

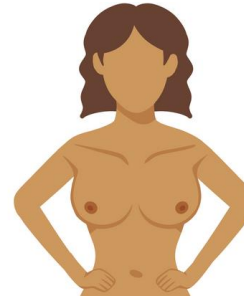
\*\*\* NOTE: For large breasts, raise each breast with the opposite hand to examine underneath.

### By Looking

Stand before a mirror and look at both breasts and nipples.



Once with both arms beside your body



Once with both hands on your hips



Once with both arms raised and arms behind your head



## 2 Manual Inspection

- Vertical
- Circular
- Wedge



## 2 Different Pressure Levels

- Light - tissues close to the skin
- Medium - intermediate region
- Firm - tissues close to rib cage



## By Touching

Raise your left arm. Use the pads of 3 or 4 fingers of the right hand to examine your left breast. Repeat on the right side.



Once in lines up and down your breast from outside to inside

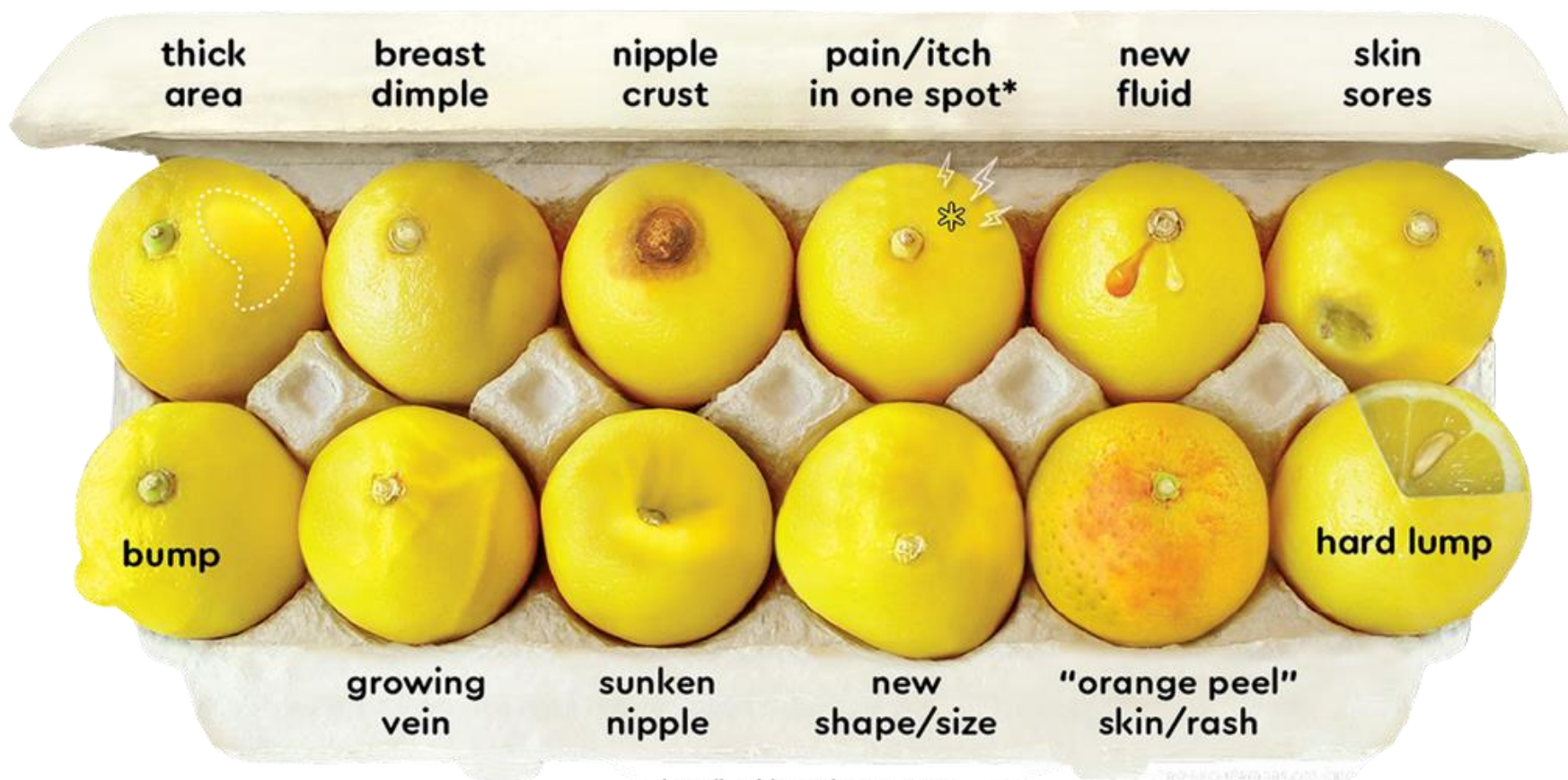


Once in circles around the breast making smaller circles towards the nipples



Once in wedges starting from outside towards nipples and back again

# WHAT TO CHECK FOR?



\*usually with another symptom



Check the outer border of the breast and armpit area.  
If there are irregularities, check the other side for symmetry.

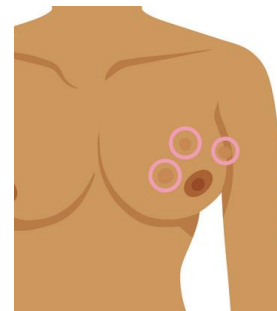
### While Laying Down

Lie on your back, left arm over your head and a pillow under your left shoulder. Examine your left breast with your right hand as described before. Repeat for the right side. This position flattens the breast and makes it easier to examine.



### Lymph Nodes

Place your left hand on your waist. With your right hand try to find enlarged lymph nodes in the left underarm area and around your left collar bone. Repeat on the right side.



**An enlarged lymph nodes feels like a corn kernel or a bean**

Don't be afraid to report  
anything unusual to your  
doctor as 80% of the lumps  
detected are not cancerous!