

Network Programme on Cancer in Women for Northeast India

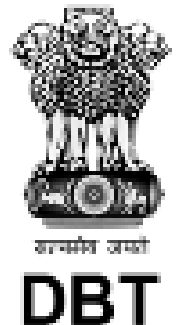
Manipur | Meghalaya | Mizoram | Tripura

Dept. of Radiation Oncology
Civil Hospital, Shillong
MEGHALAYA



Cancer Foundation of India
KOLKATA

Dept. of Biotechnology
Govt. of India





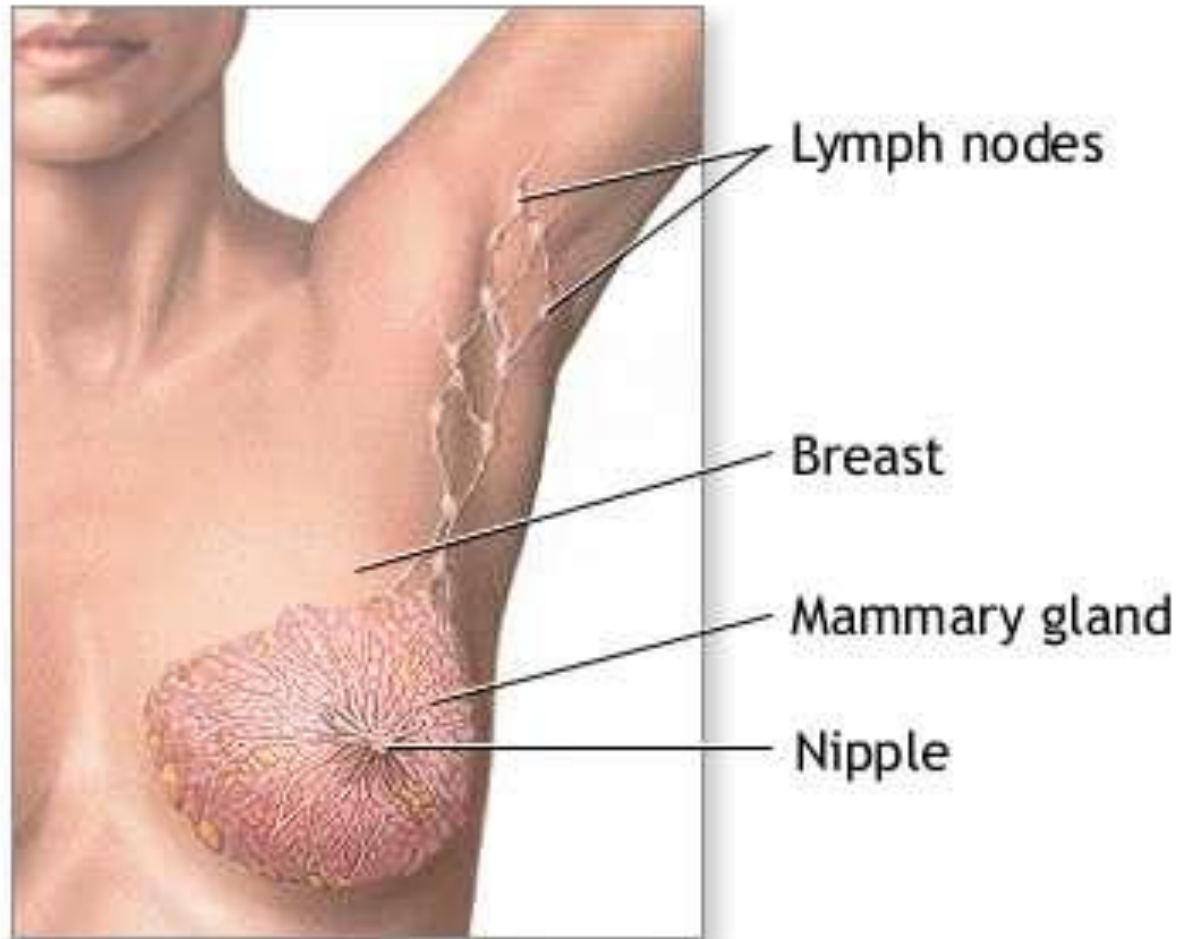
Talking

Breast Cancer

*Promoting Breast Health to
detect Breast Cancers early*



The Breast





Breast Cancer

Simply being female puts a woman at risk of developing breast cancer

Breast cancer is an estrogen Hormone-dependant tumour

- ❧ First menstrual period before 12 yrs increases risk
- ❧ History of breast cancer in mother, sister, relatives
- ❧ Oral contraceptive pill intake increases risk
- ❧ Late menopause increases the risk
- ❧ Women who never conceived have increased risk
- ❧ First child birth after 30 yrs increases risk
- ❧ Avoidance of breast feeding increases risk
- ❧ Weight gain after menopause

and other factors

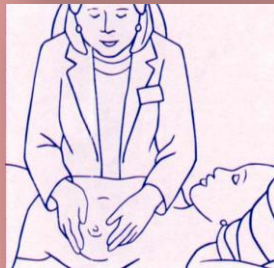




Ca Breast – Early Detection



- ✓ **Breast self-exam (BSE)**
from 20 years: once every month



- ✓ **Clinical Breast exam (CBE)**
20 - 39 years: every 1 to 3 years or
on abnormal BSE (as required)

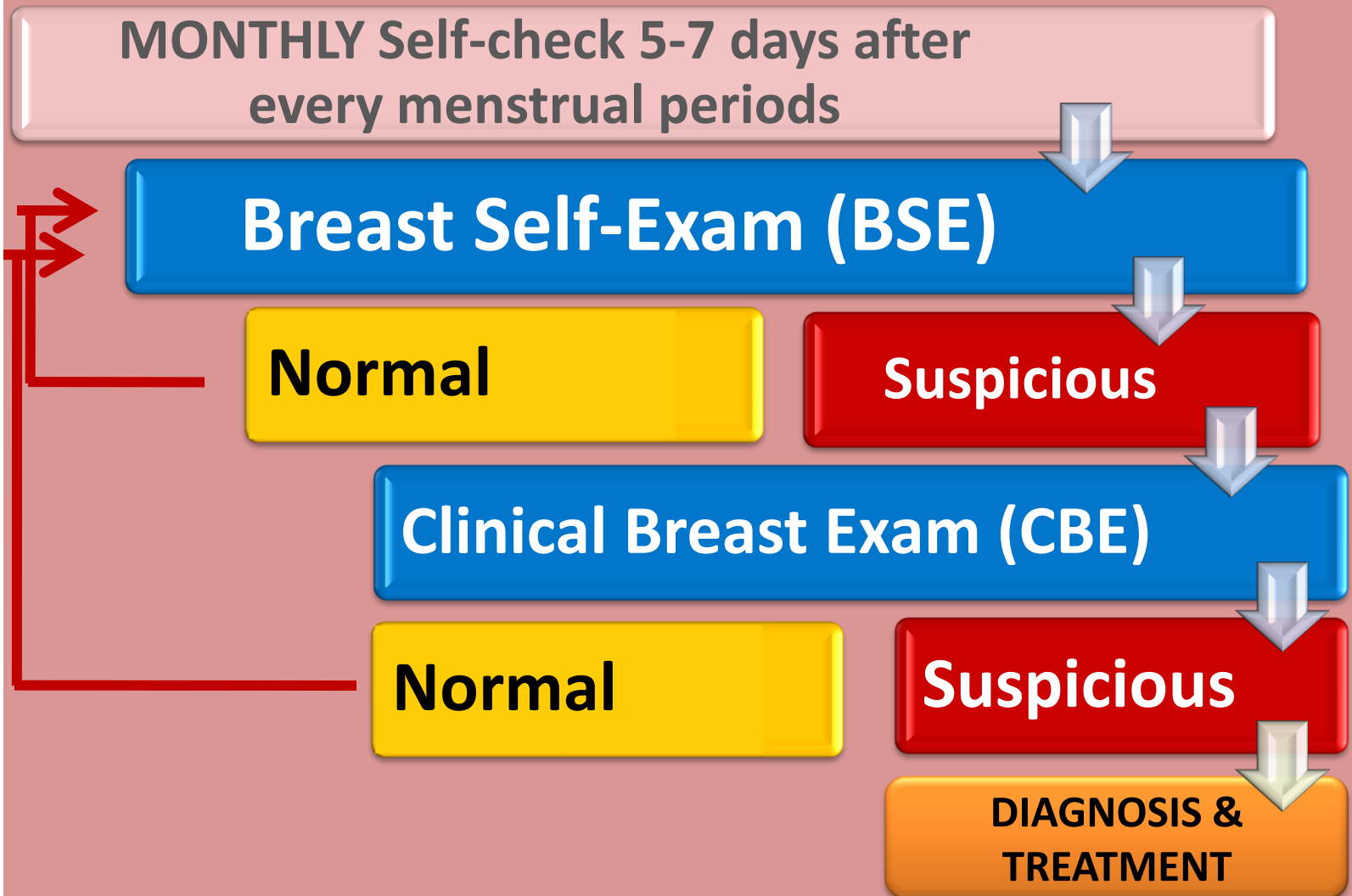


- ✓ **Mammography / USG**
after 40 years: only on clinician's advice

Continue BSE regardless



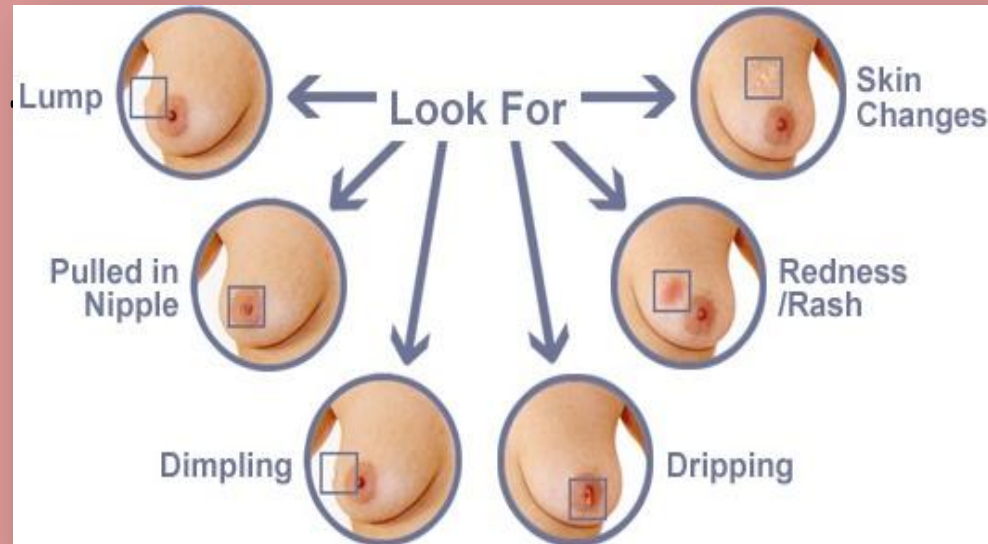
Maintaining Breast Health





Early signs

- ❧ **Lump or thickening within breast or armpit**
(benign / malignant)
- ❧ **Discharge from nipple** *(especially blood stained)*
- ❧ **Discoloration or change in the breast**
(dimpling/puckering/scaling)
- ❧ **Recent change in nipple direction**
(inward turning)



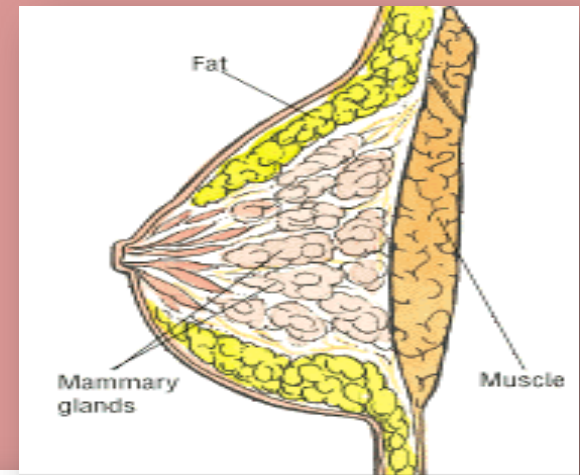


Lumps

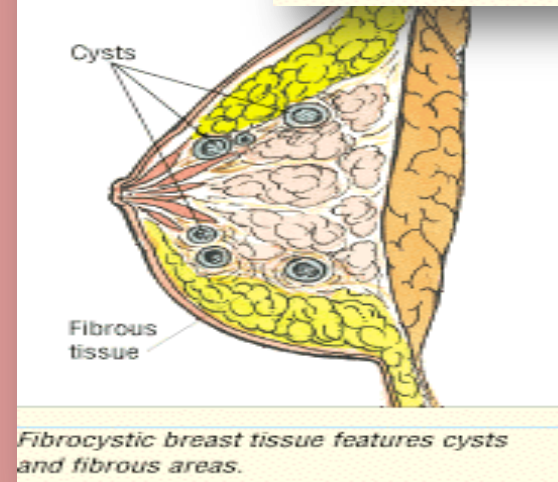
There may / may not be definite discrete lump rather generalized irregularity.

- ✓ Benign
- ✓ Malignant

All lumps are NOT cancer



Normal breast tissue.



Fibrocystic breast tissue features cysts and fibrous areas.



Learning

Breast Self Exam

(BSE)

OBSERVE | FEEL | REPORT



Breast Self Exam (BSE)

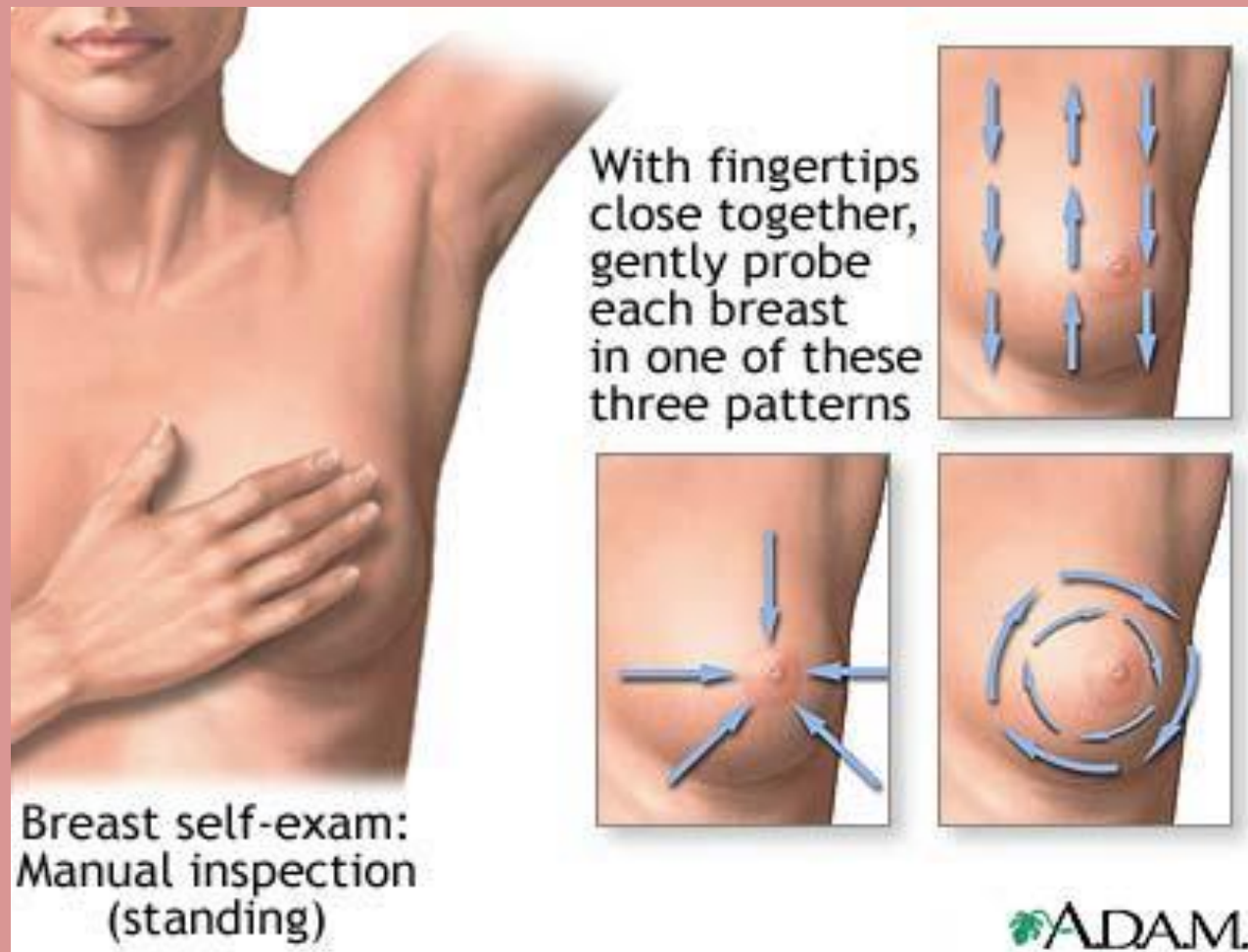


**7 Steps for
15 minutes
once a month**

To be done ONCE a month after completion of menstrual cycle



Breast Self Exam (BSE)



To be done **ONCE** a month after completion of menstrual cycle



B S E – Set up

- Select Private, comfortable space
- Undress
- Standing / Sitting Position
- Large Mirror in Well-lit room
- RELAX



Continue BSE ONCE every month



B S E – Step 1



Observe

- Both arms on waist
- Turn arms inwards
- Turn around sides to observe changes of shape, size in both breast

Continue BSE ONCE every month



B S E – Step 2



Observe

- Bend slightly forward...bow towards mirror
- Observe - changes in shape again

Continue BSE ONCE every month



B S E – Step 3



Observe

- Raise hands over head
- Keep hands behind head & press forward
- Turn side by side to look for any change

Continue BSE ONCE every month



B S E – Step 4



- ✓ Lie down
- ✓ Keep folded towel / thin pillow

- **Keep folded towel/pillow** under left shoulder to check left breast with right hand
- **Keep folded towel/pillow** under right shoulder to check right breast with left hand

Continue BSE ONCE every month



B S E – Palm position



Hand movement

- ✓ Use pad of 3 fingers
- ✓ Glide across breast to palpate don't lift
- ✓ Examine total breast area
- ✓ Use soap/powder for smooth movement
- ✓ Use palm only if no sensation in fingers



Continue BSE ONCE every month



B S E – Area



Area to palpate

**Check the entire area
from neck to armpit to
bottom of each breast**

Continue BSE ONCE every month

Ref.: International Agency for Research on Cancer (WHO), Lyon

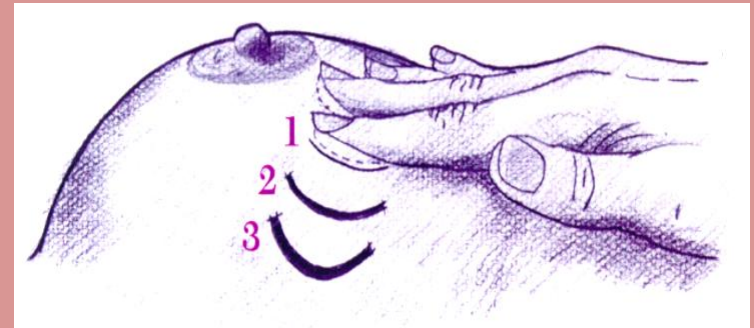


B S E – Pressure



Pressure of Palm

- Press to feel breast tissue
- Put finger...press in small circle...once light...once medium...once deep
- Glide to next area (don't lift)...repeat



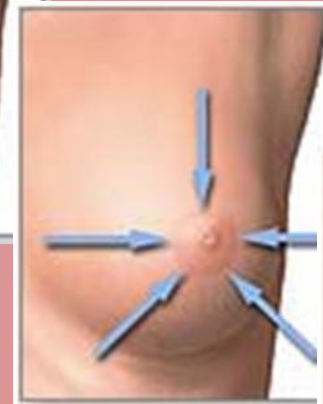
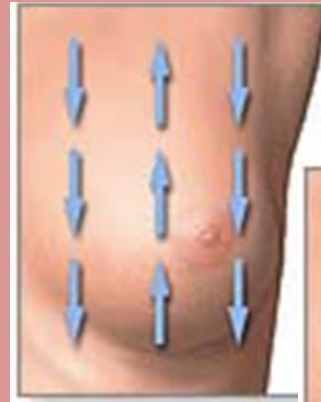
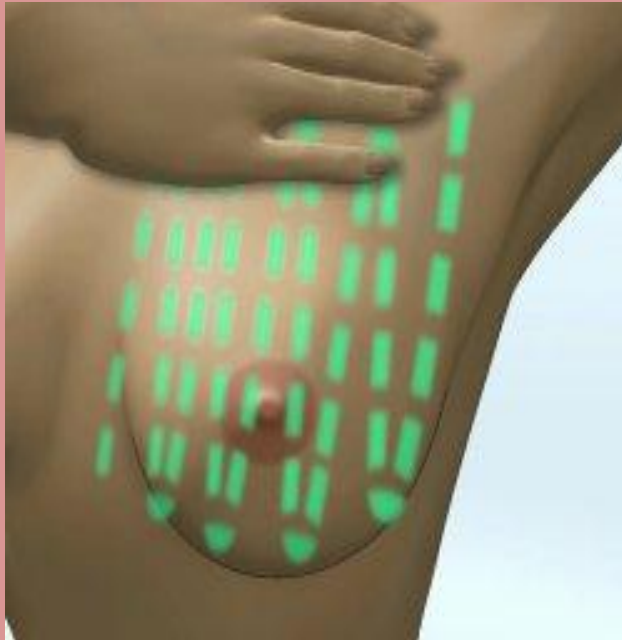
Continue BSE ONCE every month



B S E – Step 5

Direction of Palpation

- Any 3 motion style
- Cover each breast fully



Continue BSE ONCE every month



B S E – Lump



Lump / bump / thickening



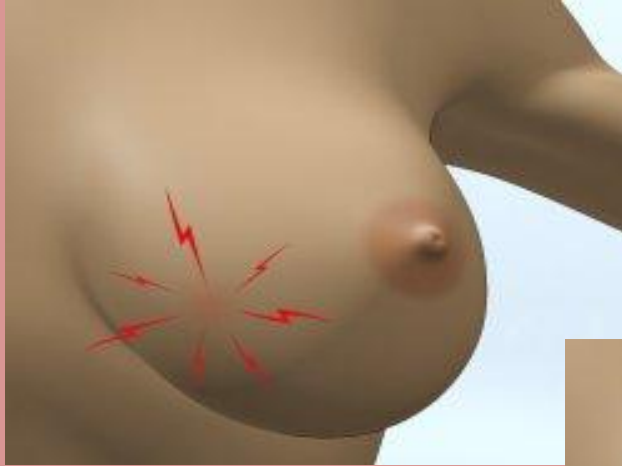
Dimpling



Continue BSE ONCE every month



B S E – Appearance



Pain

Orange peel texture



Redness of skin/eczema



Continue BSE ONCE every month



B S E – Appearance



Nipple direction



Nipple retraction



Continue BSE ONCE every month

Ref.: International Agency for Research on Cancer (WHO), Lyon



Retraction



Real pictures of nipple retraction (inward turning)



B S E – Step 6



Armpits

**Pay special attention
to this area**

Continue BSE ONCE every month

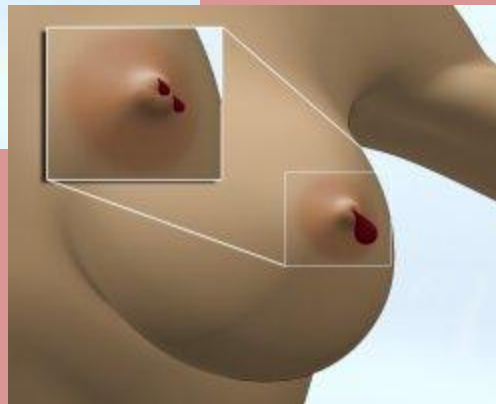
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B S E – Step 7

Check nipple

- ✓ Squeeze nipple for discharge...dripping...leaking
- ✓ Blood (reddish), greenish etc.



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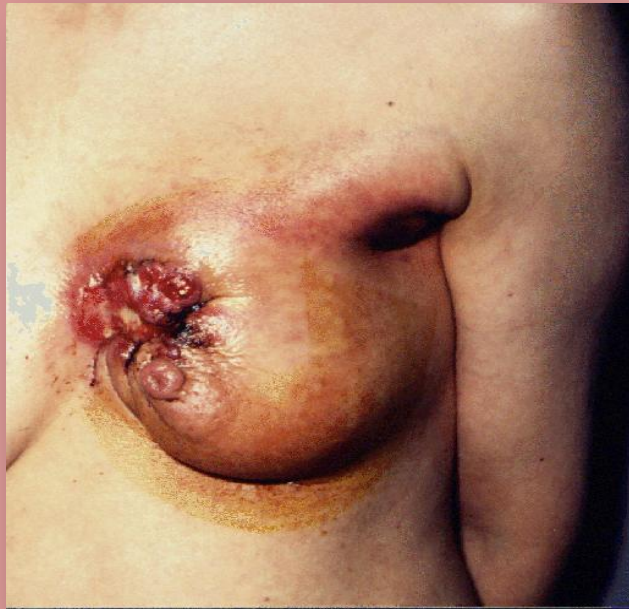
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Continue BSE ONCE every month



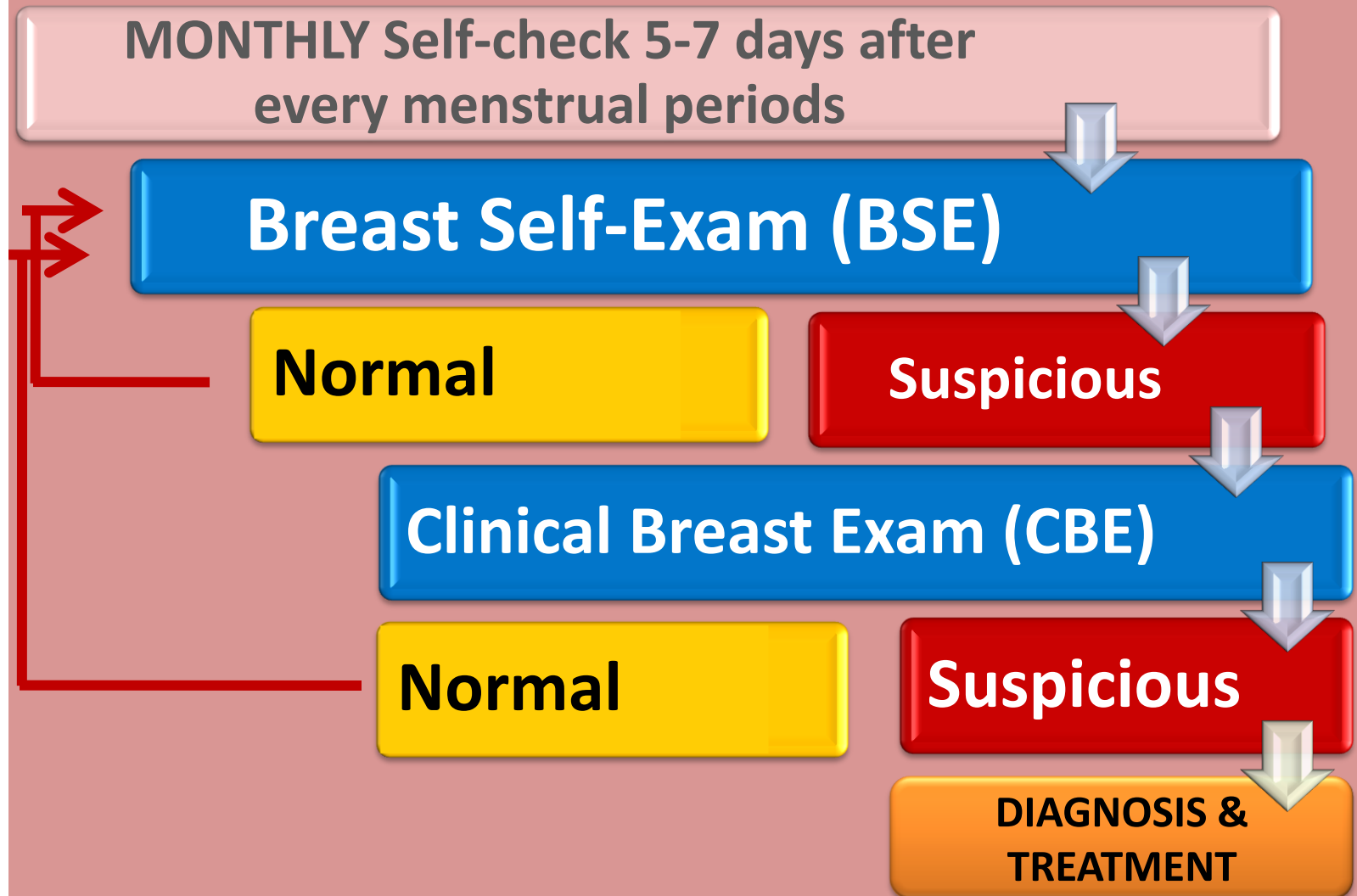
Don't miss B S E

**Advanced / untreated
disease can be fatal**





Maintaining Breast Health





Management

- **Early diagnosis**
 - Possibility of cure
 - Breast conservation possible (with lumpectomy), means breast will not be removed
- **Late diagnosis**
 - Mastectomy – surgical removal of breast

BE BREAST AWARE

Every change **MUST**
be reported & investigated



Reduce Risk of Breast Cancer

- ✓ Be extra cautious with family history of Ca breast
- ✓ Have first childbirth before 30 yrs
- ✓ Avoid use of Oral contraceptive pills
- ✓ Must Breast feed child
- ✓ Avoid gaining Weight specially post menopause
- ✓ Abstain from Smoking & Alcohol
- ✓ Have diet high on fibre. Avoid fatty food items
- ✓ Exercise regularly



**Breast Clinic
in Shillong**

CIVIL Hospital, Shillong

Dept. of Surgery (1st Floor)
Tuesday, 10 am – 1 pm

Dept. of Oncology (Room 25)
Wednesday, 10 am – 1 pm

**For details
CALL Helpline
94851 91105**



**Be Aware of
Breast Health**