

## ***BREAST SELF- EXAMINATION***

***The best time of the month to perform self-examination of the breast is after menstruation, when the breast tissue is softer and lumps are more likely to be felt.***

***For women who are post-menstrual, or who have had hysterectomy, a suitable time should be chosen - for example the 1st day of the month***

***Outlined below is one method of self-examination.***

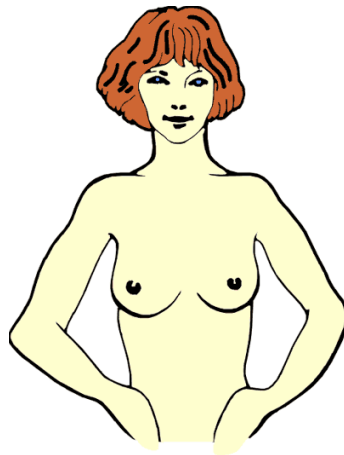


### ***WHAT TO FEEL FOR?***

- + Lumps or thickenings (may be hard or soft, big or small, or may just feel like "something different" from usual)***
- + Prominent one-sided lumpiness. (Usually lumpiness when present is similar on both sides)***
- + Swellings or lumps in the axilla***
- + Areas of tenderness***

***Always compare sides. Once finished examining the right breast, repeat the same procedure for the other side.***

## ***HOW TO PERFORM SELF-EXAMINATION?***



### ***IN FRONT OF A MIRROR - HANDS AT SIDE-***

***Stand in front of a mirror with your hands on your hips. Look at the breast for any of the following:***

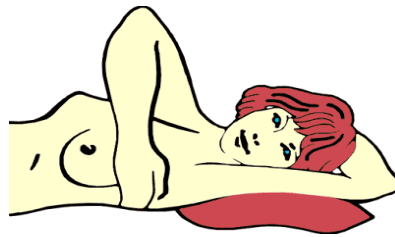
- ***Asymmetry***
- ***Lumps or swellings***
- ***Dimples***
- ***Ulceration***
- ***Changes in skin color***
- ***Nipple retraction***
- ***Nipple discharge***

***Compare one side with the other***



### ***IN FRONT OF MIRROR WITH HANDS UP***

***Repeat the above inspection of the breasts with the hands raised above the head. Remember to look at the undersurface of the breast, especially if the breast is large. Mirror examinations should also be done looking at the breast side-on.***



### ***LYING DOWN***

***Lie down with one hand behind your head and a pillow under your shoulder.***

***Using the other hand palpate the breast feeling for the same features mentioned above. Once again, use circular motions with the flat of the hand and don't forget to examine the axilla. Finally, gently squeeze the nipple to check for discharge.***



***REPEAT THIS PROCEDURE  
LYING ON THE OPPOSITE SIDE.***



***IN SHOWER***

***Starting with the right side. Place the left hand above your head to "spread" the breast tissue across the chest wall. Using the flat of the left hand, examine the breast in circular motions. Make sure to cover each quadrant of the breast and end by moving your hand up into the axil. (Remember part of the breast called the axillary tail extends up to the edge of the axilla).***

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**In another context, one could read:**

- [Barr Body, A Mystery in the Origin & Ignorance in the Function \(Innovated\)](#)
- [The Neural Conduction \(Innovated Conception\)](#)
- [Neural Conduction in Neural Fiber \(PowerPoint Presentation\)](#)
- [The Sensory Receptors, The Genius of Creation and the Beauty of Creature \(Innovated Conception\)](#)
- [The Neural Conduction in the Synapses \(Innovated Conception\)](#)
- [The Neural Conduction in Synapses \(PowerPoint Presentation\)](#)
- [The Node of Ranvier, the Equalizer \(Innovated Conception\)](#)

- The Node of Ranvier, the Equalizer (PowerPoint Presentation)
- The Philosophy of Pain, Pain Comes First (Innovated Conception)
- The Philosophy of Form, (Innovated Conception)
- The Spinal Injury, the Pathology of the Spinal Shock, the Pathology of the Hyperreflexia (Innovated Conception)
- The Nerve Conduction Study, The Wrong Hypothesis is the Origin of the Misinterpretations (Innovated Conception)
- The Wallerian Degeneration, Attacks the Motor Axons of Peripheral Nerve, while Conserves its Sensory Axons(Innovated Conception)