

## BREAST HEALTH & SELF-CARE GUIDE:

**Prioritize Your Well-Being – Early Detection Saves Lives.**

### Monthly Breast Self-Examination (BSE) :

Make breast self-examination a part of your monthly health routine.

Choose any month—January to December—and set a reminder.



### Frequently Asked Questions Why is Breast Self-Examination Important?

- Many breast cancers are first detected by women themselves.
- Early detection greatly increases the chance of successful treatment.
- Regular self-checks empower you to understand what is normal for your body.

### How Often Should Breast Examinations Be Done?

#### Self-Examination (BSE):

✓ Every month from the age of 20 years.

Clinical Breast Examination by a Breast Specialist

20–40 years: Once every 2 years

40 years & above: Every year



### When Should You Perform BSE?

- If you menstruate: 3–4 days after your period ends
- If pregnant, menopausal, or after hysterectomy: Choose the 1st day of every month

### What Changes Should You Look For?

- Any new lump or thickened area
- Redness, dimpling, or puckering of the skin
- Changes in breast shape or size
- Lumps in the breast or underarm
- Nipple discharge or inversion
- Any change that feels different



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### If You Notice Something Unusual

- Do not panic – most lumps are not cancerous
- Schedule an appointment with a breast specialist promptly

### What Is a Mammogram?

A mammogram is a **low-dose X-ray** that helps identify breast abnormalities even before they can be felt.

It helps distinguish between benign (non-cancerous) and malignant (cancerous) changes.

### Recommended Mammography Schedule:

- 40–49 years: Every 1–2 years (as advised by your doctor)
- 50 years & above: Every year

## Risk Factors for Breast Cancer :

Certain factors may increase your chances of developing breast cancer:

- Being female
- Family history (mother, sister, daughter with breast cancer)
- Periods starting before age 12
- Menopause after age 50
- Having your first child after age 30 or not having children
- Being more than 40% overweight
- Not breastfeeding
- Long-term use of certain hormonal contraceptive pills

## Early Detection Methods :

- **Breast Self-Examination (BSE)**
- **Mammography / Breast Ultrasound**
- **Regular breast check-ups**



## How to Perform Breast Self-Examination :

### Step 1: During Bathing

Wet skin makes it easier to feel changes.

- Keep fingers flat and gently glide over each breast
- Use your left hand to examine the left breast and the right hand for the right breast
- Feel for lumps, thickened areas, or hardness

### Step 2: In Front of a Mirror

Observe your breasts in three positions:

1. **Arms relaxed at your sides**
2. **Arms raised overhead**
3. **Hands on hips, chest muscles tightened**

Look for:

- Changes in breast shape
- Any swelling or asymmetry
- Skin dimpling, redness, or nipple changes

### Step 3: Lying Down

- Place a pillow or folded towel under the shoulder of the side you're examining
- Put the same-side hand behind your head
- With the opposite hand, use the **pads of your fingers** (not the thumb)

Use a **circular motion**:

Imagine your breast as a **clock face**. Start at the 12 o'clock point and move clockwise, covering the entire breast including the nipple area. Repeat on the opposite side.

**Don't forget to examine both armpits.**

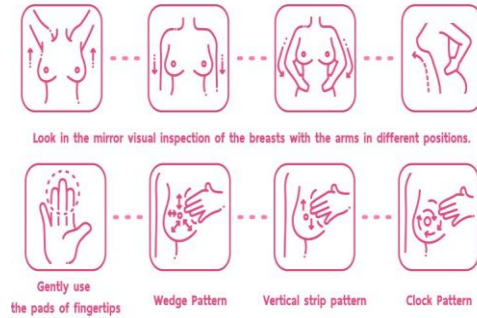
### Step 4: Nipple Check

Gently squeeze each nipple

Look for discharge, crusting, or any unexpected moisture

Report any discharge to your doctor promptly

## Breast Self-Examination



## Important Note :

Breast self-examination should ideally begin at **20 years of age**.

Partner with your healthcare provider to create a personalized plan for breast health monitoring.



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