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|-----------|----------|----------|----------|
| January   | February | March    | April    |
|           |          |          |          |
| May       | June     | July     | August   |
|           |          |          |          |
| September | October  | November | December |
|           |          |          |          |

## Frequently Asked Questions

### Why should BSE be done?

- ▶ Most of the breast cancers are detected by women themselves
- ▶ IF DETECTED EARLY, THE DISEASE CAN BE CURED BY EARLY TREATMENT
- ▶ It can save your life!

### How often should it be done?

**Self examination:** Every month after the age of 20 years

**By a Breast Surgeon:**

Every 2 years: At 20 to 40 years of age

Every year: At the age of 40 and above

### When should BSE be done?

- ▶ **If you are menstruating:**  
3-4 days after the periods are over
- ▶ **If you are pregnant/menopausal/undergone hysterectomy (uterus has been removed):**  
first day of every month

### What should you look for?

- ▶ Any change from your normal look or feel
- ▶ Any dimpling or redness in skin
- ▶ Any thickening or hard knots
- ▶ Any lump in the breast or armpit
- ▶ Nipple discharge

### What should you do if you find something unusual?

- ▶ Do not get frightened or alarmed
- ▶ ALL LUMPS ARE NOT CANCEROUS
- ▶ Consult a Breast Surgeon immediately

### What is MAMMOGRAPHY?

- ▶ Mammography is a low-dose X-Ray of the breast
- ▶ It can detect cancers which cannot be felt by hand
- ▶ It can differentiate between benign (non-cancerous) and malignant (cancerous) breast lumps
- ▶ Mammography should be done every 1-2 years, at the age of 40-49 years, as per doctor's advice
- ▶ Every year, at the age of 50 and above

*"You can't pour from an empty cup,  
take care of yourself first"*

**Book an Appointment  
079-66770000**



## Kusum Dhirajlal Hospital

Vaishno Devi Circle, S.G. Road, Ahmedabad - 382421

Call On: +91 79 6677 0000

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कुसुम धीरजलाल हॉस्पिटल



**BREAST  
CANCER**

*Once You Choose Hope, Anything Is Possible*

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## Risk Factors for Developing Breast Cancer

- Being a Woman
- Family history of Breast Cancer in a close relative (Mother, Sister, Daughter)
- Starting your period before the age of 12
- Having a late menopause after the age of 50
- Having no children or a child after the age of 30
- Being 40% or more over weight
- Not having breast fed your child
- Excessive use of oral contraceptive pills

## Early Detection of Breast Cancer Includes

- BSE- Breast Self Examination
- Mammography/Ultrasonography
- Regular breast check up by a Breast Surgeon

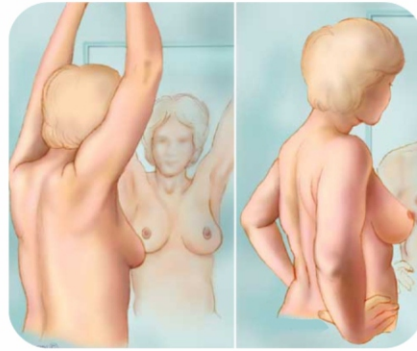
## Breast Self Examination Steps

### Step 1 At bath-time...



It is easier to self-examine the breast during bath-time. Because the skin is wet it allows your hands to move over the breasts freely. With fingers straight, put a little pressure and gently run fingers over each breast. Use the left hand to examine the left breast. Look for lumps and hardening.

### Step 2 In front of the mirror...



Let your arms hang loose to the sides of your body and examine each breast. Then raise your arms above your head. Look for a change in the form and shape of your breasts, natural contour (form); or depression (dimples) in the skin; also look closely for any changes in the nipples. Rest your hands on your hips, tighten up the chest muscles. By examining yourself regularly you will become more experienced in this procedure and will gain greater self-confidence in your examination.

### Step 3 Lying down...



Lie down on your bed, put a pillow or bath towel under your right shoulder and put your right hand under your head. This allows for an even distribution of your breast tissue. With your fingers

straight (use your left hand) first run fingers in a circular motion around your right breast, using some pressure.



Imagine your breast as the face of a clock. Starting at the top of the clock, at 12 to 1 hour, press your fingers around this “clock” in a clockwise

motion until you come back to the 12 hour mark. It is perfectly normal to feel a firm ridge covered by fatty tissue in the lower part of the breast. Within an inch from the nipple continue examining every part of your breast, including the nipple. **Repeat this procedure on your left breast, this time using your right hand.** EXAMINE THE ARMPITS ALSO.

**Note: Always examine breast with the flat of your fingers only, DO NOT USE THUMB.**

### Step 4 Nipple examination...



Softly squeeze each nipple. If you notice leaking or any discharge, report it to your doctor immediately.

**Breast self examination is a primary requirement for all women starting as early as at the age of 20 years**

Make a personal plan of action in partnership with your doctor for early detection of breast cancer.