



# Breast Self-Examination(BSE)



By

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## Breast Self-Examination (BSE)

- Is a screening method used to detect early breast cancer.
- Is a simple, no cost, and does not require any use of special materials or tool since it will only take a few minutes to complete.
- This screening method is an important source of information that every woman needs in order to improve awareness among others and oneself.



A close-up photograph of a calendar page. A pink pen is positioned diagonally across the calendar, and a magnifying glass is placed over it. The calendar shows dates in a grid format, with some dates circled in pink. The word "Breast Cancer" is written in pink at the bottom right of the calendar. The background is a light-colored calendar with black grid lines.

## Breast Self-Examination (BSE) for Breast Awareness

- Is an inspection of your **breast** that you do on your own.
- To help increase your breast awareness, you use your eyes and hands to determine if there are any changes to the look and feel of your breast.
- It is a key method to detect a breast cancer early, and one of the simplest methods for women to practice in a daily routine.

# Five steps on how to do a Breast Self-Examination (BSE)

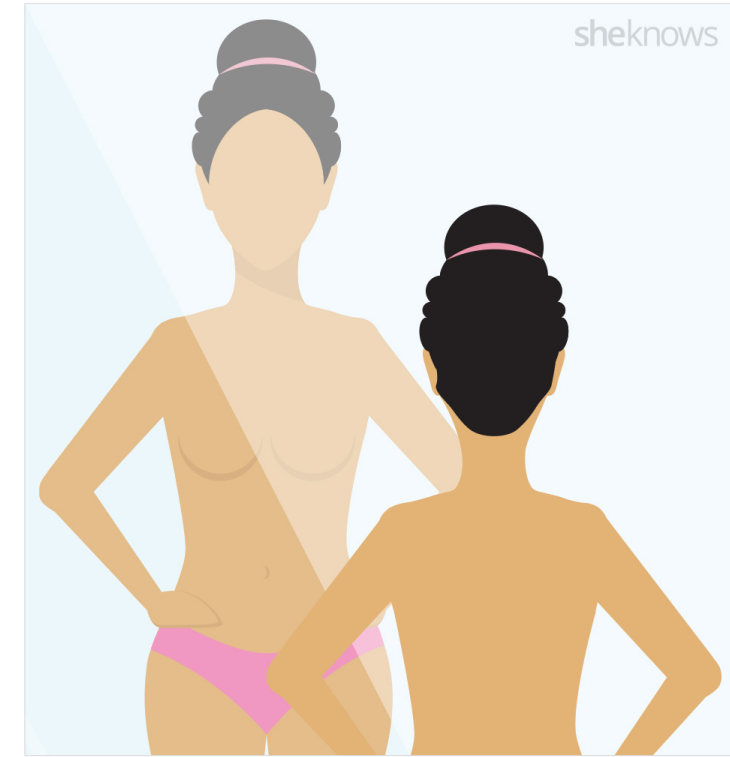
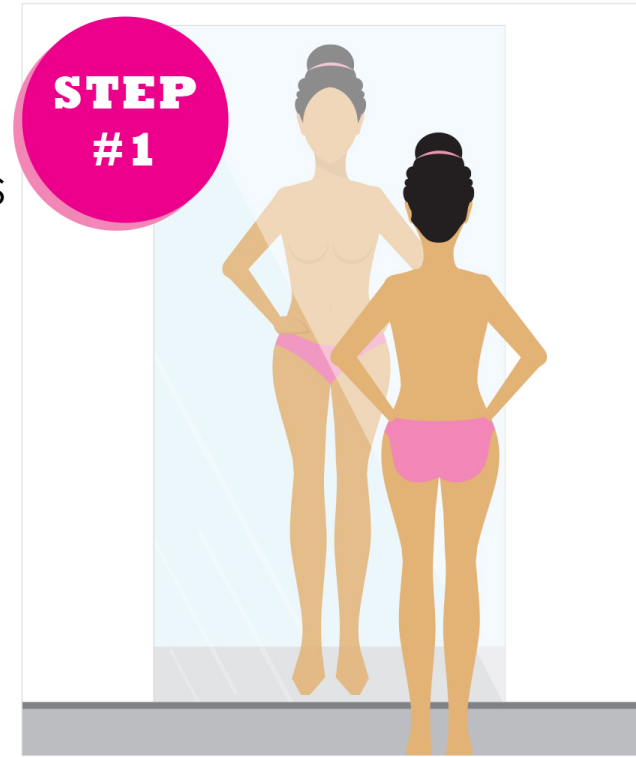
**Step #1:** Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.

## **What should you look for are:**

- Breasts that are their usual size, shape, and color.
- Breasts that are evenly shaped without visible distortion or swelling.

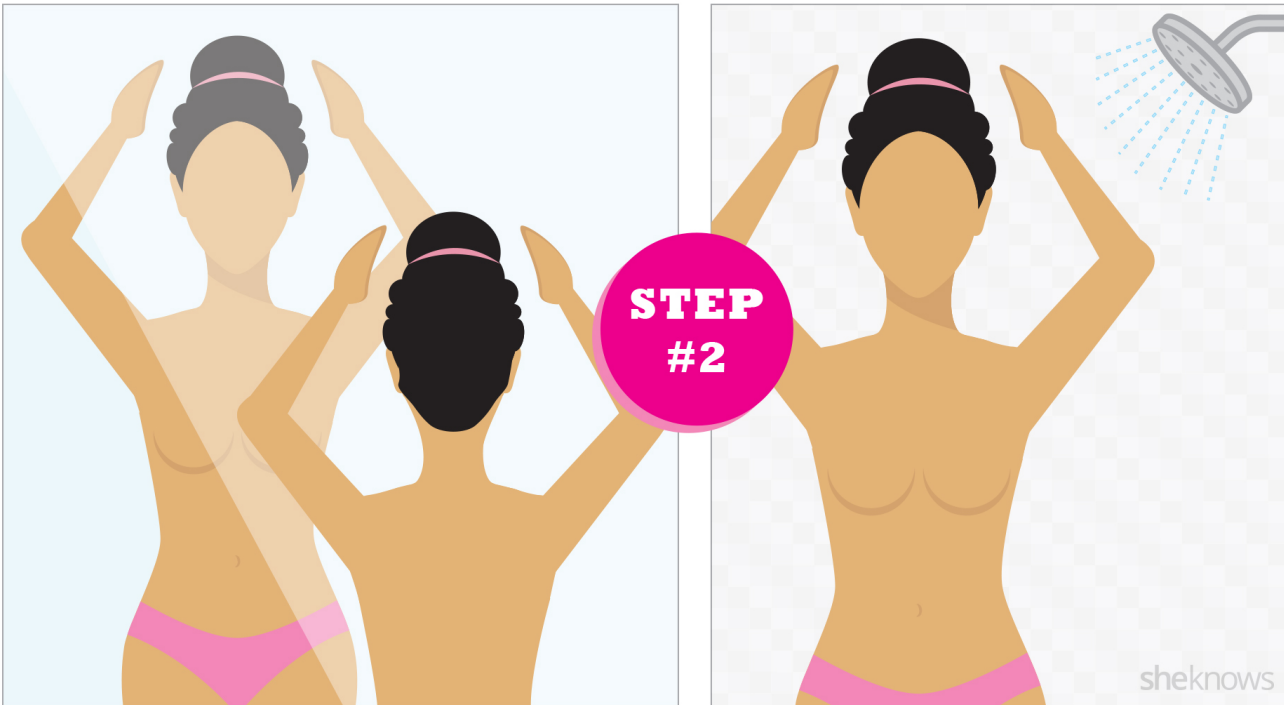
## **If you see any of the following changes, bring them to your doctor's attention:**

- Dimpling, puckering, or bulging of the skin.
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- Redness, soreness, rash, or swelling.



## Step #2:

- Raise your arms and look for the same changes.



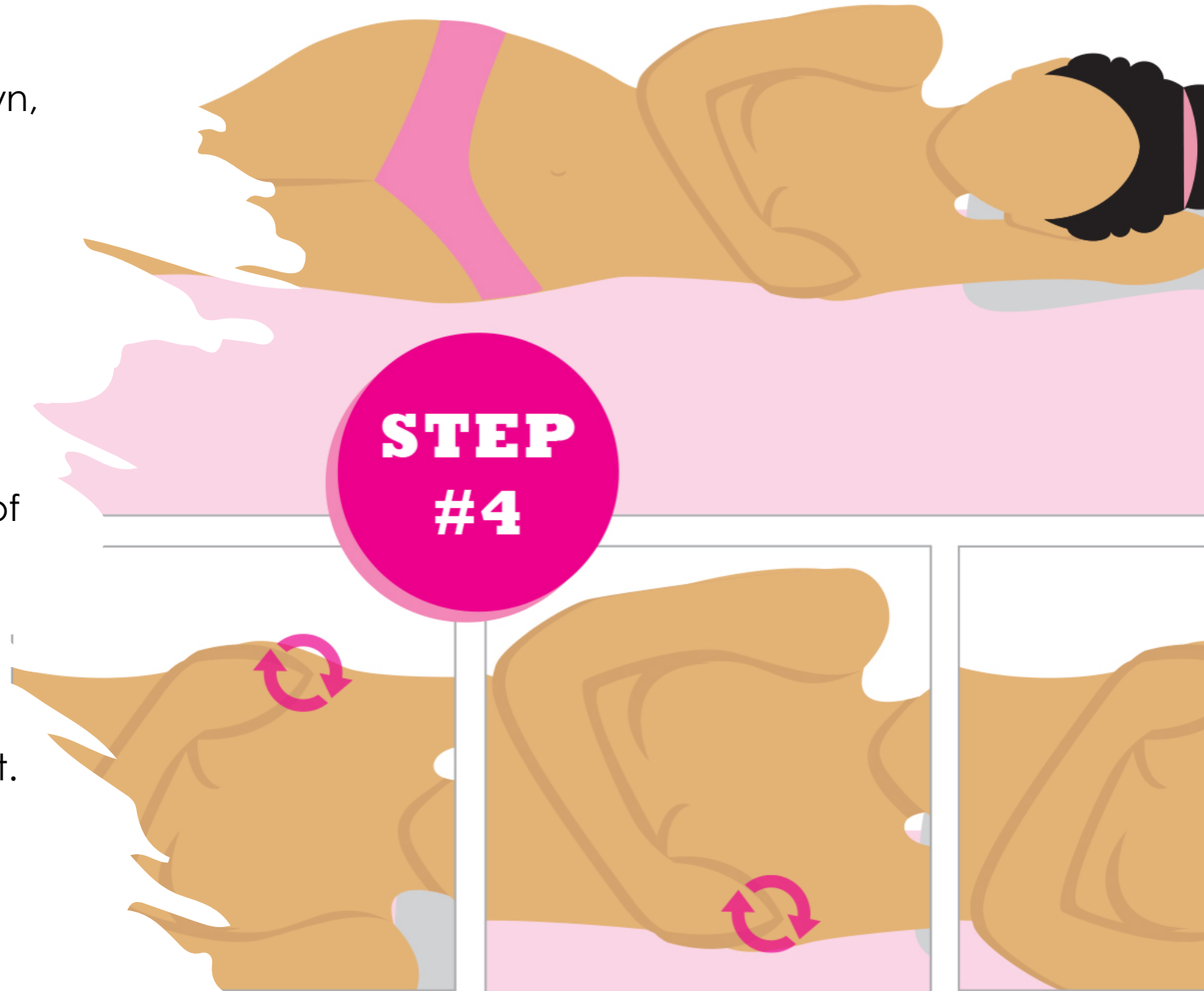
## Step #3:

- While you're at the mirror, look for any signs of fluids coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).



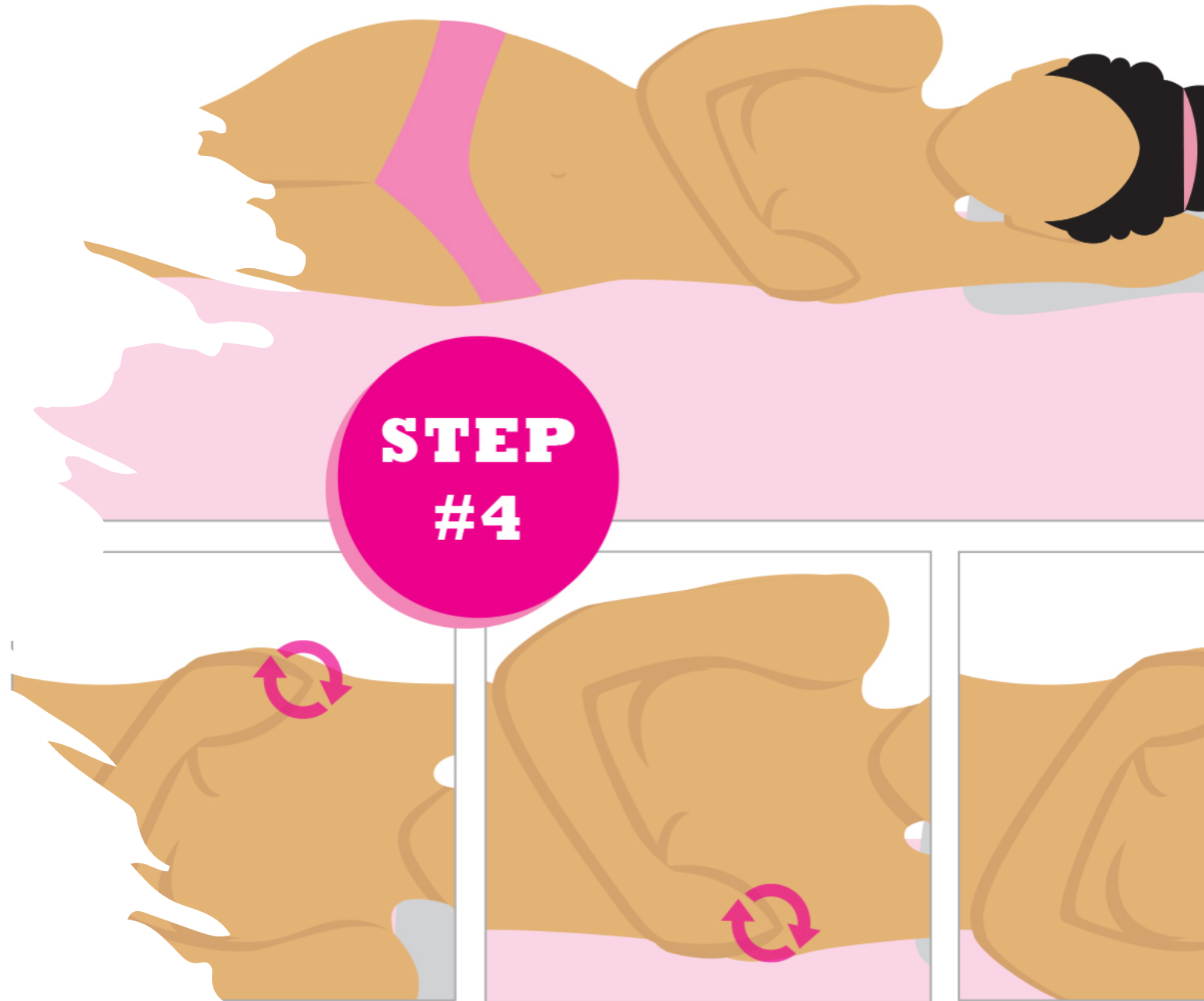
## Step #4:

- Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast.
- Use a firm, smooth touch with the first few fingers pads of your hand (Index, Middle, Ring).
- Keeping the fingers flat and together.
- Use a circular motion, about the size of a quarter.
- Cover the entire breast from top to bottom, side to side.
- Be sure to feel all the tissues from the front to the back of your breast.



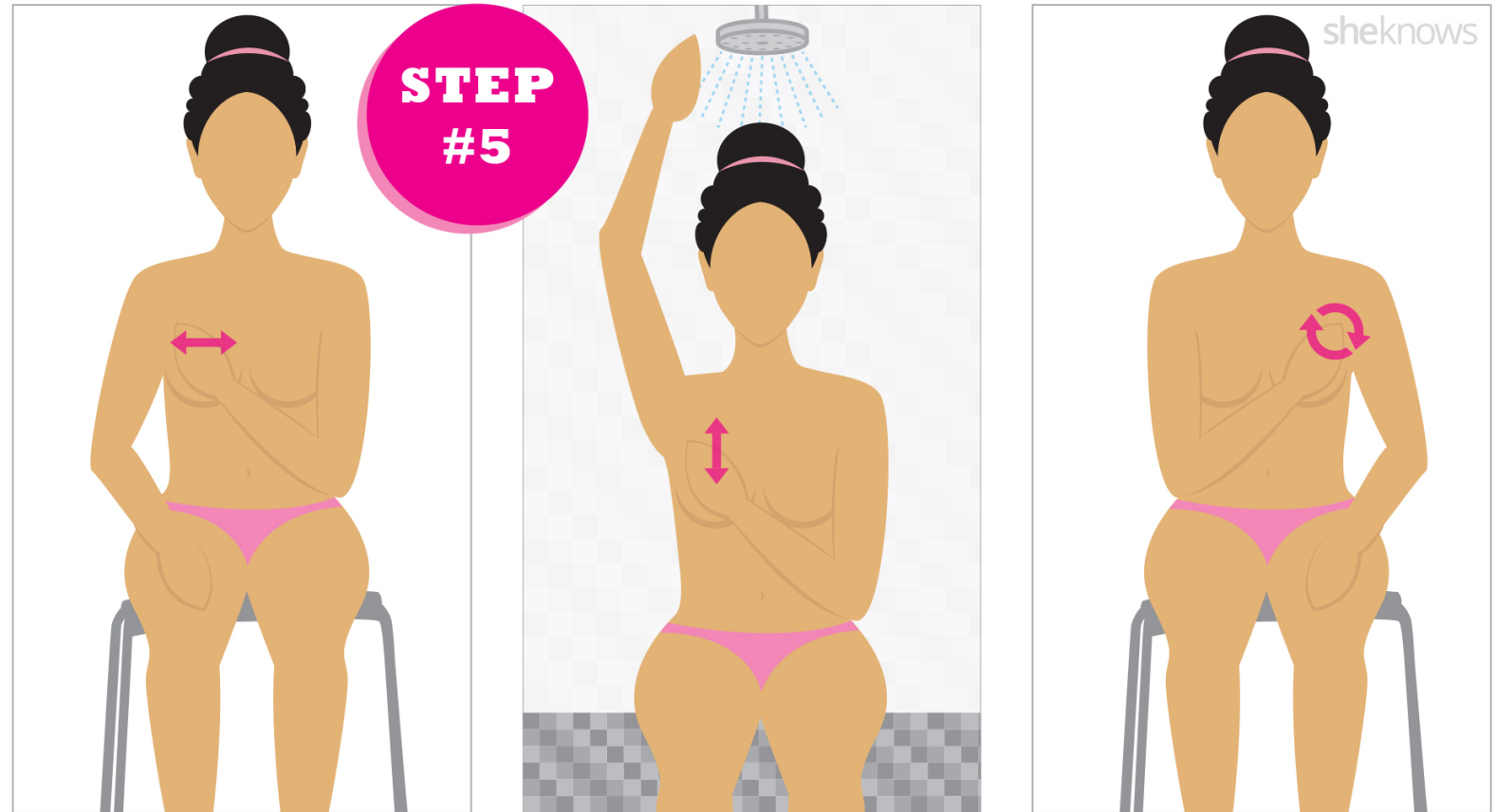
## Step #4:

- For the skin and tissue just beneath, use light pressure.
- Use medium pressure for tissue in the middle of your breast.
- Use firm pressure for the deep tissue in the back.
- When you've reached the deep tissue, you should be able to feel down to your ribcage.



## Step #5:

- Finally, feel your breasts while you are standing or sitting.
- Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower.
- Cover your entire breast, using the same hand movements described in step 4.







sheknows

## **Breast Self-Examination (BSE)**

- Let's make a breast self-examinations as a part of our daily life routine, because our health should be our main priority to avoid diseases and other many health issues that may impact our daily living in the future.

# Breast Cancer

AWARENESS MONTH



*“YOU ARE MORE FREE ABOUT WHERE YOU WANT TO BE  
IN LIFE. TIME IS PRECIOUS”.*