



**Center for Distance and Online Education,
Krishna Vishwa Vidyapeeth (Deemed to be University),
Karad**

Validation: E-content Module

E-content Module Title: Brest Self Examination

Name of College: Krishna Institute of Nursing Sciences, Karad.


Number of Modules: 01


Assignment: 01


Module Duration: 01 Hrs.

This is to certify that the E-content module has been reviewed on the following parameters and:

1. The information provided in the Video and Textual Content is factually correct and without any errors.
2. The learning outcomes and objectives of the E-content module are implemented in the assessment.
3. The assessment is rigorous as required for the module level.
4. Content under the E-content module fulfills the requirement of assignment completion.


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E-content Module Certificate

Media Centre: Center for Distance and Online Education, KVV, Karad

E-content Module Title: Brest Self Examination

Subject: Medical Surgical Nursing

E-content Module Principal Investigator (PI): Mrs. Namrata Chandrakant Mohite

Assignments: 01


Module Duration: 01 Hours


It is to certify that the E-content module titled Ryles Tube Feeding is developed by CDOE, KVV, Karad and offered by PI **Mrs. Namrata Chandrakant Mohite**.


The content is thoroughly reviewed at the Centre by the review committee and it is certified that:

- i. The analysis of the E-content module is thoroughly done in terms of data formulation, conceptual clarity, correctness of narrated content, accuracy of text, maps, and graphics, and the overall structure of the module. The module is free from any content errors.
- ii. The module follows the structure of syllabus approved under BOS.
- iii. The module is meeting the requirements of E-content as envisaged under MHRD guidelines

It is also certified that the final E-content module submitted to CDOE, KVV, Karad, is original content developed at the Krishna Institute of Nursing Sciences, Karad by engaging various subject matter experts under the guidance of the E-content module PI and is free from any Intellectual Property Right (IPR) and Copyright issues.


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E-content Module Checking Report

Center: Krishna Institute of Nursing Sciences, Karad

Name of E-content Module:

Comments on Audio/Video (only freshly recorded videos):

Comments on Quadrant 2:

1. Academic Script/Text Material: Verified
 2. Additional Material (Specify): NA
-

Comments on Quadrant 3:

Assignments/Questions & Answers/Discussion Forum Link:

Comments on Quadrant 4:

Quiz/MCQs/Match the Pair/Fill in the Blanks:

**Name & Signature of
Reviewer**

Salimkh
17.2.2025

E-content learning resource material

Centre- Krishna Institute of Nursing Sciences Karad

Name of LRM- Video on Breast Self Examination

By Narmata Mohite

Video on **Breast Self Examination** is a good resource. Simplifying the procedure and presenting it in a clear and organized manner. This video will certainly encourage individuals to prioritize their health and practice regular breast self-exams.

Suggestions for Enhancement

Video on **Breast Self Examination** provides useful and practical information. However, a few areas where it could be improved to make it even more impactful:

1. **Clarity and Engagement** (Content Delivery) While the instructions are clear, adding a brief introduction on the importance of breast self-examination before diving into the steps could give viewers a better context. You could also consider incorporating some statistics or real-life stories to further emphasize the importance of the practice.
2. **Visual Aids and Demonstration** (Application): The visuals were good, but using clearer, high-quality close-up shots during the demonstration would help the audience see the specific hand movements more effectively. A 3D animation showing the inner structures of the breast and where lumps typically form might also enhance the viewer's understanding.
3. **Video Quality and Presentation** (Presentation): The lighting and sound quality are decent but could be improved. Ensuring bright, even lighting throughout and clearer audio would make the video more professional and easier to follow.
4. **Pacing and Timing** (Timing): The pacing is mostly good, but some sections where you explain the steps could be slowed down to ensure viewers can follow along comfortably. Additionally, pausing after key steps to reinforce important takeaways would be helpful for retention.

Overall, with a few adjustments, this video will be an even more effective teaching tool for promoting breast health awareness."

Name and signature of Reviewer

DR. (Mrs. Jyoti A. Salunkhe

Narmata
17.2.2023

BREAST SELF- EXAMINATION

GENERAL OBJECTIVES:

At end of the class participants will be will be able to,

1. Acquire the knowledge about **Breast Self- Examination**
2. Understand the Anatomy & physiology of breast.
3. Risk factors of breast cancer.
4. Apply this knowledge in the community health urban/ rural population about **Breast Self- Examination**

SPECIFIC OBJECTIVES

At end of the class participants will be able to

- a) Participants understand the need of breast self-examination.
- b) Able to practice regular BSE.
- c) Participants should distribute the knowledge of BSE to others.
- d) Able to success in early detection of breast cancer & save the life.

INTRODUCTION:

What is a breast self-examination (BSE)?

BSE is a procedure a woman can do to physically and visually examine her breasts and underarm areas for changes. It has not been shown that BSEs alone can accurately determine the presence of breast cancer. (Performed by a health care provider every three years for women in their 20s and 30s, and every year for women ages 40 and older) and mammography.

When should BSEs be done?

By doing BSEs regularly, you get to know how your breasts normally feel and look so that you are able to detect any changes more easily.

Women can begin practicing BSE at about age 20 and continue the practice throughout their lives—even during pregnancy and after menopause.

Breast self-examination can be performed every month. Become familiar with how your breasts usually look and feel so that you may notice any change from what is normal for you:

- If you still menstruate, the best time to do BSE is when your breasts are least likely to be tender or swollen, such as a few days after your period ends.
- If you no longer menstruate, pick a certain day—such as the first day of each month—to remind yourself to do BSE.
- If you are taking hormones, talk with your health care provider about when to do BSE.

CHANGES TO LOOK FOR:

Check with your health care provider if you find any change in your breast(s) that causes you concern. Changes in your breasts may include:

- Development of a lump
- A discharge other than breast milk
- Swelling of the breast
- Skin irritation or dimpling
- Nipple abnormalities (such as pain, redness, scaliness, or turning inward)

Each breast has 15 to 20 sections, or lobes, that surround the nipple in a radial manner, like spokes on a wheel. Inside these lobes are smaller sections, called lobules. At the end of each lobule are tiny "bulbs" that produce milk. These structures are linked together by small tubes called ducts, which carry milk to the nipples. Fat fills the spaces between the lobes and ducts.

The nipple is in the center of a dark area of skin called the areola. The areola contains small glands that lubricate the nipple during breastfeeding. There are no muscles in the breasts, but muscles lie under each breast to cover the ribs.

Each breast also contains blood vessels and vessels that transport lymph. Lymph is a fluid that travels through a network of channels called the lymphatic system and carries cells that help the body fight infections. The lymph vessels lead to the lymph nodes which are small, bean-shaped glands that are part of the infection-fighting lymphatic system. Lymph nodes are located in the armpits, above the collarbone, and in the chest. If a cancer has reached these nodes, it may mean that cancer cells have spread to other parts of the body. Lymph nodes are also found in many other parts of the body including inside the chest, abdominal cavity, and the groin.

Breast development and function depend on hormones produced by the ovaries, namely estrogen and progesterone. Estrogen elongates the ducts and causes them to create side branches. Progesterone increases the number and size of the lobules in order to prepare the breast for nourishing a baby. After ovulation, progesterone makes the breast cells grow, and blood vessels enlarge and fill with blood. At this time, the breasts often become engorged with fluid and may be tender and swollen.

RISK FACTORS YOU CANNOT CHANGE:

Getting older. After age 50.

Genetic mutations. Inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2.

Reproductive history. Early menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer.

Having dense breasts. Dense breasts have more connective tissue than fatty tissue.

Personal history of breast cancer or certain non-cancerous breast diseases. Women who have had breast cancer.

Family history of breast cancer. A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative)

Previous treatment using radiation therapy. Women who had radiation therapy to the chest or breasts (like for treatment of Hodgkin's lymphoma) before age 30 have a higher risk of getting breast cancer later in life.

Women who took the drug diethylstilbestrol (DES), which was given to some pregnant women to prevent miscarriage.

Risk Factors You Can Change

Not being physically active. Who are not physically active.

Being overweight or obese after menopause. Older women who are overweight or obese.

Taking hormones. Some forms of hormone replacement therapy (estrogen and progesterone)

Reproductive history. Having the first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy **Drinking alcohol.** A woman's risk for breast cancer increases with the more alcohol she drinks.

BREAST SELF EXAMINATION

1. Stand in front of a mirror that is large enough for you to see your breasts clearly. Check each breast for anything unusual. Check the skin for puckering, dimpling, or scaliness. Look for a discharge from the nipples.
2. Watching closely in the mirror, clasp your hands behind your head and press your hands forward.
3. Next, press your hands firmly on your hips and bend slightly toward the mirror as you pull your shoulders and elbows forward.

Do steps 2 and 3 to check for any change in the shape or contour of your breasts. As you do these steps, you should feel your chest muscles tighten.

4. Gently squeeze each nipple and look for a discharge.
 5. The breasts are best examined while lying down because it spreads the breast tissue evenly over the chest. Lie flat on your back, with one arm over your head and a pillow or folded towel under the shoulder. This position flattens the breast and makes it easier to check.
- Use the pads of the fingers of your other hand to check the breast and the surrounding area firmly, carefully, and thoroughly. Some women like to use lotion or powder to help their fingers glide easily over the skin. Feel for any unusual lump or mass under the skin. Feel the tissue by pressing your fingers in small, overlapping areas about the size of a dime. To be sure you cover the whole breast, take your time and follow a definite pattern: lines, circles, or wedges.
 - Some research suggests that many women do BSE more thoroughly when they use a pattern of up-and-down lines or strips. Other women feel more comfortable with other patterns. The important thing is to cover the whole breast and pay special attention to the area between the breast and the underarm, including the underarm itself. Check the area above the breast, up to the collarbone, and all the way over to your shoulder.

Consider using one of these patterns:

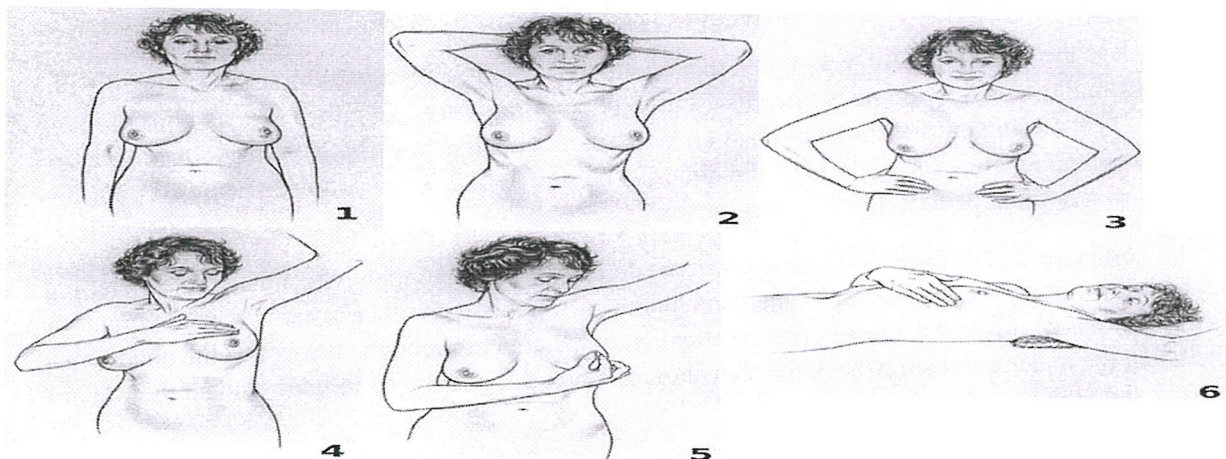
- **Lines.** Start in the underarm area and move your fingers downward little by little until they are below the breast. Then move your fingers slightly toward the middle and slowly move back up. Go up and down until you cover the whole area.
- **Circles.** Beginning at the outer edge of your breast, move your fingers slowly around the whole breast in a circle. Move around the breast in smaller and smaller circles, gradually working toward the nipple. Don't forget to check the underarm and upper chest areas, too.
- **Wedges.** Starting at the outer edge of the breast, move your fingers toward the nipple and back to the edge. Check your whole breast, covering one small, wedge-shaped section at a time. Be sure to check the underarm area and the upper chest.

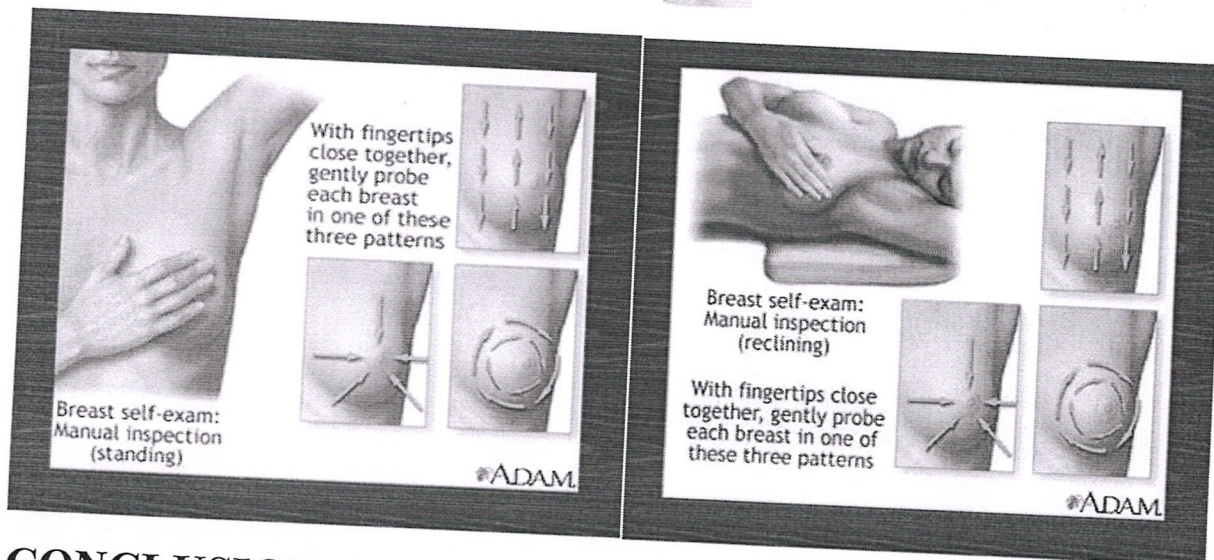
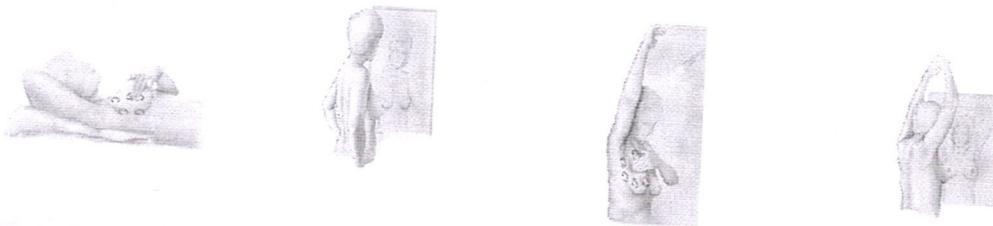
The American Cancer Society recommends using three different levels of pressure to examine your breasts:

- Light pressure—to examine the tissue closest to the skin
- Medium pressure—to feel a little deeper
- Firm pressure—to feel deeper tissue closer to the chest wall
- Some women repeat step 5 in the shower. Your fingers will glide easily over soapy skin, so you can focus on feeling for changes underneath.

What if you find a lump?

- One of the most frightening moments for a woman is seeing or feeling something different or unusual while performing breast self-examination. One of the most important reasons to do regular breast self-examination is so that you know what is normal for your breasts. If you find a lump, it is important not to panic.
- If you discover lumpiness in one breast or feel something "different" in the tissue, or if you feel a definite lump, there may be valid reason for concern, and it is important to contact a health care provider. Sometimes, the lumpiness may be due to menstrual changes, but if you have nipple discharge or skin changes such as dimpling or puckering, your health care provider may want to see you right away.
- It is natural to be frightened when discovering a lump, but do not let the prospect of cancer keep you from taking action. Remember that most breast lumps are benign (not cancer).





CONCLUSION:

As mentioned earlier, the aim of a BSE is to familiarize a woman with her breasts which will help in early detection of any abnormality. Ideally, after age of twenty, BSE must be done by a lady once atleast every month. And atleast once a year, a clinical breast examination by a medical professional should be done. These are only guidelines, and may not always be feasible for a normal person. The best time to do a BSE is during a bath, which will give a woman a reasonable time to be alone with herself and concentrate on this. Even though a formal BSE may not be done every time, being aware of the characteristics of the breast will allow woman to pick up any abnormality early.

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**KRISHNA INSTITUTE OF MEDICAL SCIENCES DEEMED TO BE UNIVERSITY'S,
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SECTION: B: AWARENESS OF BREAST CANCER

AWARENESS OF BREAST CANCER

1	What is meant by breast cancer?	
a)	Infectious disease of the breast.	()
b)	Normal growth of breast tissues.	()
c)	Uncontrolled multiplications of cells in the breast.	()
d)	None of above	()
2	Who can have risk of breast cancer?	
a)	Women	()
b)	Men	()
c)	Neuter	()
d)	All of above	()
3	Which lifestyle is responsible for reducing risk of breast cancer?	
a)	Regular exercise	()
b)	Maintaining BMI.	()
c)	Healthy diet	()
d)	All of above	()

NON-MODIFIABLE RISK FACTORS

4	Which is the risk factor responsible for breast cancer?	
a)	family history	()
b)	Certain gene changes	()
c)	close relatives with breast cancer	()
d)	All of above	()
5	Women have non-modifiable risk of breast cancer in following situation.	
a)	Nulliparous women	()
b)	Who had their first child after age 30yrs	()
c)	Women born in family who have cancer.	()
d)	All of above.	()
6	Is there increase the life of person by Awareness of breast cancer?	
a)	Yes	()
b)	No	()
c)	None of above	()
d)	Don't know	()

MODIFIABLE RISK FACTORS

7	What type of diet will reduce the risk of breast cancer?	
a)	Fruits, High fiber diet.	()
b)	Green leafy vegetables.	()
c)	Sprouts, grains.	()
d)	All of above	()
8	Women who have habit to increase the risk of breast cancer?	
a)	Tobacco misery	()
b)	Doing Exercise	()
c)	Consuming low fat diet	()
d)	Normal BMI	()

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SECTION: B: AWARENESS OF BREAST CANCER

9	Which factor responsible for breast cancer after menopause?	
a)	Hormonal Imbalance	()
b)	Lack of exercise	()
c)	Consumption of high fat diet	()
d)	All of above.	()
10	Which duty shift responsible to increase risk of breast cancer?	
a)	Day	()
b)	Evening	()
c)	Night	()
d)	None of above	()
11	Which is the following substance is affect risk of breast cancer?	
a)	Plastics (Water bottle, Tiffin)	()
b)	Personal care products (Talcum powder, sprays etc)	()
c)	Pesticides	()
d)	All of above	()
12	Which women have the risk of breast cancer related breast feeding?	
a)	Who feeds baby for 2yrs	()
b)	Who feeds baby for 1 ½ yrs	()
c)	Who feeds baby for 1 yr	()
d)	No breast feeding	()
13	Women may increase the risk of breast cancer.	
a)	Using the antiperspirants.	()
b)	Using Tight fitting bras.	()
c)	Obese Women	()
d)	All of above	()
14	Obstructing the lymph nodes by using...	
a)	Body Sprays	()
b)	Talcum powder	()
c)	Tight fitting Bras /clothes.	()
d)	Shampoo	()
15	Which method of contraception induces breast cancer?	
a)	Prolonged use of oral contraceptives.	()
b)	Intrauterine contraceptive devices	()
c)	Inject able Contraceptives.	()
d)	All of above	()
16	Which medicine affects breast cancer during pregnancy?	
a)	DES (Diethylstilbestrol)	()
b)	Tablet Folic acid	()
c)	Tablet Livogen	()
d)	Tablet Calcium	()

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SECTION: B: AWARENESS OF BREAST CANCER

17	Do you think a change in the position of your nipple could be a sign of breast cancer?	
a)	Yes	
b)	No	()
c)	None of above	()
d)	Don't know	()
18	Do you think pulling in of your nipple could be a sign of breast cancer?	()
a)	Yes	
b)	No	()
c)	None of above	()
d)	Don't know	()
19	Do you think pain in one of your breasts could be a sign of breast cancer?	()
a)	Yes	
b)	No	()
c)	None of above	()
d)	Don't know	()
20	Do you think puckering or dimpling of your breast skin could be a sign of breast cancer?	()
a)	Yes	
b)	No	()
c)	None of above	()
d)	Don't know	()
21	Do you think abnormal discharge from your nipple could be a sign of breast cancer?	()
a)	Yes	
b)	No	()
c)	None of above	()
d)	Don't know	()
22	Do you think a lump in your breast could be a sign of breast cancer?	()
a)	Yes	
b)	No	()
c)	None of above	()
d)	Don't know	()
23	Do you think a nipple rash could be a sign of breast cancer?	()
a)	Yes	
b)	No	()
c)	None of above	()
d)	Don't know	()
24	Auxiliary tumor is the sign of breast cancer?	()
a)	Yes	
b)	No	()
c)	None of above	()
d)	Don't know	()

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SECTION: B: AWARENESS OF BREAST CANCER

25	Change in the size of breast is the sign of breast cancer?	
a)	Yes	()
b)	No	()
c)	None of above	()
d)	Don't know	()
26	Common symptoms of breast cancer are includes weight loss, bone and joint pain, neurological changes.	
a)	Yes	()
b)	No	()
c)	None of above	()
d)	Don't know	()

1. What is breast cancer?

Breast cancer is cancer that forms in the breast. Breast cancer is the second leading cause of cancer-related deaths among women in New York State.

Regular check-ups and screening tests can find breast cancer at an earlier stage, when treatment works best. The most important action women can take is to have regular breast cancer screenings.

2. Who gets breast cancer?

All women can get breast cancer. Although the causes of breast cancer are still unknown, there are some factors that may increase a woman's chances of getting the disease:

- Getting older - Most women are diagnosed when they are 50 years of age or older
- Having a first menstrual period at a young age (younger than 12 years)
- Starting menopause at an older age (older than 55 years)
- Never giving birth, or giving birth to a first child after age 30
- Not breastfeeding
- Having had breast cancer or some non-cancerous breast diseases
- Having a close family member (parent, sibling, child) who has had breast cancer, especially at an early age
- Having certain gene mutations such as BRCA 1 or BRCA 2
- Being overweight or obese
- Drinking alcohol
- Not getting enough exercise
- Exposure to high levels of ionizing radiation to the chest area early in life
- Long-term use of hormone replacement therapy

Even if women have one or more of these risk factors, it does not mean they will get breast cancer. Also, many women who get breast cancer do not have any risk factors. This is why screening is important for all women.

Women with a personal or family history (close family relative) of breast cancer may want to consider genetic counseling to find out if they are at greater risk for getting the disease.

While very rare, it is possible for men to get breast cancer.

3. What are the symptoms of breast cancer?

The most common sign of breast cancer is a new lump or mass. A mass that is painless, hard, and has irregular edges is more likely to be cancerous, but breast cancers can be tender, soft, or rounded. It is important that any new mass, lump, or change in your breast be checked by a health care provider.

Other possible signs of breast cancer that should be checked by a health care provider include:

- Swelling of all or part of a breast (even if no lump is felt)
- Irritation or dimpling of breast skin

- Breast or nipple pain
- Nipple retraction (when the nipple turns inward)
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge other than breast milk

Sometimes breast cancer can spread to underarm lymph nodes and cause a lump or swelling there, even before a tumor in the breast tissue is large enough to be felt. You should tell your health care provider about any swelling in your lymph nodes.

4. How can I lower my chances of getting breast cancer?

Research is being done on ways to prevent breast cancer. Although there is no known way to completely prevent breast cancer, there are ways to lower your risk. These include:

- Drinking less alcohol
- Getting regular exercise
- Staying at a healthy weight
- Breastfeeding (exclusively breast feeding during your baby's first 6 months, and continuing for 12 months or longer)
- Talking to your health care provider about hormone replacement therapy, if you take it

Regular check-ups and screening tests can find breast cancer at an earlier stage, when treatment works best. The most important action women can take is to have routine breast cancer screenings.

5. How is breast cancer treated?

Management of breast cancer

Surgery, radiation therapy, and adjuvant hormone or chemotherapy when indicated are considered primary treatment. Surgical therapy may consist of lumpectomy or total mastectomy with sentinel lymph node biopsy (SLNB) or complete axillary lymph node dissection (ALND). Radiation therapy may follow surgery in an effort to eradicate residual disease while reducing recurrence rates. Adjuvant systemic therapies (eg, hormonal therapy, chemotherapy, targeted therapies), when indicated, are recommended on the basis of tumor biology, stage, and gene expression assay results, as well as individual patient factors such as comorbidities and personal preferences.

Pharmacologic agents

Pharmacologic treatment for breast cancer is typically selected according to the molecular characteristics of the tumor and the disease stage. Agents used (alone or in combination) include the following^[6]:

- Hormone therapy (eg, tamoxifen, aromatase inhibitors)
- HER2-targeted therapy (monoclonal antibodies [eg, trastuzumab, pertuzumab]; antibody-drug conjugates [eg, ado-trastuzumab])

emtansine, trastuzumab deruxtecan); tyrosine kinase inhibitors [eg, tucatinib, neratinib])

- CDK4/6 inhibitors (eg, palbociclib, ribociclib, abemaciclib)
- mTOR inhibitors (everolimus)
- PIK3CA inhibitors (alpelisib)
- AKT inhibitor (capivasertib)
- Chemotherapy (eg, cyclophosphamide, doxorubicin, carboplatin, methotrexate)
- PARP inhibitors for germline *BRCA1* and *BRCA2* mutations (eg, olaparib, talazoparib)
- Immunotherapy (pembrolizumab)

In patients receiving adjuvant aromatase inhibitor therapy for breast cancer who are at high risk for fracture, the monoclonal antibody denosumab or either of the bisphosphonates zoledronic acid and pamidronate may be added to the treatment regimen to increase bone mass. These agents are given along with calcium and vitamin D supplementation.

6. What are the signs and symptoms of breast cancer?

Signs and symptoms

Early breast cancers may be asymptomatic, and pain and discomfort are typically not present. If a lump is discovered, the following may indicate the possible presence of breast cancer:

- Change in breast size or shape, even if no lump is palpable [1]
- Skin dimpling or skin changes
- Recent nipple inversion or skin change, or nipple abnormalities
- Single-duct discharge, particularly if blood-stained
- Axillary lump

Physical examination

The following physical findings should raise concern:

- Lump or contour change
- Skin tethering
- Nipple inversion
- Dilated veins
- Ulceration
- Eczemalike rash or redness on the nipple or the surrounding area
- Nipple discharge
- Edema or peau d'orange

If a palpable lump is found and possesses any of the following features, breast cancer may be present:

- Hardness
- Irregularity
- Focal nodularity
- Fixation to skin or muscle

7. How to do a breast self-exam: Five steps for checking for breast cancer at home

Step 1: Examine Your Breasts in a Mirror With Hands on Hips Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips. Here's what you should look for: 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 Arms and Examine Your Breasts Now, raise your arms and look for the same changes.

Step 3: Look for Signs of Breast Fluid While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).

Step 4: Feel for Breast Lumps While Lying Down Next, check for breast lumps or abnormalities by feeling 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 finger pads of your hand, keeping the fingers flat and together. Press down with your fingers and move them in a circular motion that's about the size of a quarter (or an inch around). Cover the entire breast from top to bottom, side to side — from your collarbone to the top of your abdomen, and from your armpit to your cleavage. Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; 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: Feel Your Breasts for Lumps While Standing or Sitting 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.

8. What to do if you find a breast lump Don't panic if you think you feel a lump in your breast.

Ans: Most women have some lumps or lumpy areas in their breasts all the time, and most breast lumps turn out to be benign (not cancer). There are a number of possible causes of non-cancerous breast lumps, including normal hormonal changes, a benign breast condition, or an injury. Don't hesitate to call your doctor if you've noticed a lump or other breast change that is new and worrisome. This is especially true for changes that last more than one full menstrual cycle or seem to get bigger or more prominent in some way. If you menstruate, you may want to wait until after your period to see if the lump or other breast change disappears on its own before calling your doctor. The best healthcare provider to call is the one who knows you and has done a breast exam on you before — for example, your gynecologist, your primary care doctor, or a nurse practitioner who works with your gynecologist or primary care doctor. Know what to expect. At an appointment to evaluate a breast lump, your doctor takes a health history and does a physical exam of the breast, and most likely orders breast imaging tests. Ultrasound is often the first or only imaging test used to evaluate a lump in women who are younger than 30 or are pregnant or breastfeeding. Both an ultrasound and a mammogram are typically recommended to

evaluate a lump in women who are older than 30 and not pregnant or breastfeeding. If further testing is needed, your doctor may recommend additional imaging with MRI, MBI (molecular breast imaging), a biopsy, or any combination of these tests. Your doctor may also refer you to a breast specialist (typically, a breast surgeon) for further evaluation. Make sure you get answers. It's important that your doctor explains what is causing the lump or other breast changes and, if necessary, develops a plan for monitoring it or treating it. If you're not comfortable with your doctor's advice, don't hesitate to get a second opinion.

9. How to make breast self-exam part of your breast cancer screening strategy.

Ans: Make it routine. The more you examine your breasts, the more you can learn about them and the easier it can become for you to tell if something has changed. Try to get in the habit of doing a breast self-examination once a month to familiarize yourself with how your breasts normally look and feel. Examine yourself several days after your period ends, when your breasts are least likely to be swollen and tender. If you are no longer having periods, choose a day that's easy to remember, such as the first or last day of the month. Get to know your breasts' different "neighborhoods." The upper, outer area — near your armpit — tends to have the most prominent lumps and bumps. The lower half of your breast can feel like a sandy or pebbly beach. The area under the nipple can feel like a collection of large grains. Another part might feel like a bowl of lumpy oatmeal. Start a journal where you record the findings of your breast self-exams. This can be like a small map of your breasts, with notes about where you feel lumps or irregularities. Especially in the beginning, the journal may help you remember, from month to month, what is normal for your breasts. It is not unusual for lumps to appear at certain times of the month and then disappear as your body changes with the menstrual cycle (if you are still menstruating).