

# Breast Cancer

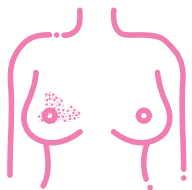
Screening and Guidelines



# CHECK YOUR BREAST FOR IRREGULARITIES

## What are the Common Signs and Symptoms of Breast Cancer?

### Look



Changes in skin texture



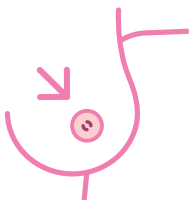
Unusual nipple discharge



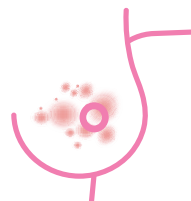
Swelling in the armpit or near the collarbone



Sudden change in size or shape



Nipple inversion or retraction



Red or scaly rash on the nipple-areolar region

## Feel

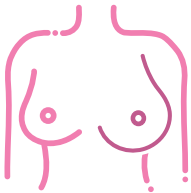


Lumps and thickening

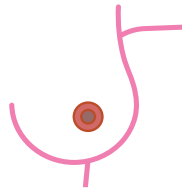


Constant, unusual pain  
in the breast or armpit

## Other symptoms include:



An increase in size or change  
in shape of the breast(s)



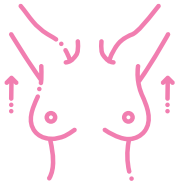
Changes in the appearance  
of one or both nipples



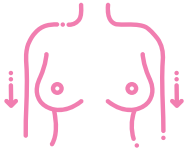
Irritated or itchy breasts

# EARLY DETECTION AND PROMPT TREATMENT CAN SAVE YOUR LIFE

## Breast Self-Examination (BSE) Steps



Stand in front of a mirror and raise your arms.



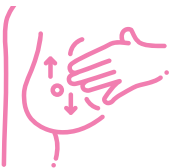
Lower your arms and press them firmly against your hips.



Turn slowly from side to side and look for changes in the:  
a. Nipples  
b. Appearance of the skin  
c. Size or shape of the breasts



Use small, circular movements to feel your armpits for lumps. Starting from the outside, feel around your breasts in circles. Feel behind the nipples.



Gently squeeze your nipples to check for any bleeding or discharge.



Lie down and repeat steps 4 and 5.

If you are menstruating, the best time to perform a breast self-exam (BSE) is on day 7 of your menses. It is also important to conduct breast examinations during pregnancy.

# Screening Guidelines

Type of screening	20 - 39 years old	40 - 49 years old	50 years old and above
Mammography screening		✓ (Once a year)	✓ (Once every 2 years, unless recommended otherwise by a doctor*)
Monthly breast self-examination	✓	✓	
Annual clinical breast examination by a healthcare professional		✓	

*\*Consult your doctor on the benefits and limitations of going for a mammogram at this age.*

Note that the recommended age may differ for those with a family history of breast cancer or those who have other risk factors. Supplementary ultrasound may be recommended to increase the accuracy of screening.



# P;caso

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