

How to Perform Breast-Self Examination (BSE)

There are many ways to do BSE. Try it in the shower or lying down on your bed. Water or soap is a good lubricant. Each position gives a different angle and allows you to reach different areas.



1 Stand in front of the mirror with both arms on your side. Then Lift both arms straight up above your head.



2 Next, place your hands on your hips with chest forward to see any abnormalities of the breast. Use right hand for left breast and vice versa.

Look for changes or abnormalities such as inverted nipples, puckering, dimpling, changes in breast size and textures.



4 Use the pads of your three middle fingers, move your hands in small circular motions around the breast.



5 BSE Search Patterns

Continue the process over the entire area, glide your hand from the clavicle towards the nipple in a clockwise motion from armpit to cleavage.

Wedge



Circle



Line



Use different amount of pressure, starting each area with light touch and progresing to deep pressure before moving on to the next spot.

Finally Squeeze your nipples gently and look for unusual discharges (blood or yellow fluid).

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Cont.



Lie down and place a small pillow or folded towel under your right shoulder. Put your right hand behind your head.

Place your left hand on the upper portion of your right breast with fingers together and flat. Body lotion or talcum powder may help to make this part of the exam easier. Repeat with the other breast like above.



Using the "Sweep & Walk" Method:

7



Imagine the breast to be circle and divided into 12 wedges, like the face of a clock.

8



Place the pads of your three fingers one half inches below the collarbone at the top of the circle.

Applying medium pressure, slide ("sweep") your fingers toward the nipple.

9



Continue around the breast, moving from one wedge to the next in a clockwise direction. Do all 12 wedges.

Always start from the outer area of the breast moving towards the nipple.

Repeat steps 8 and 9 by "walking" your 3 fingers with medium pressure to feel for lumps or bumps.

10



Place one finger on each side of the nipple and press down to see if there is any fluid discharge from the nipple.

Examine the other breast, armpit and nipple using the same method.



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