

BREAST HEALTH NEWS



Breast pain is the one of the most common symptoms that causes anxiety among women and is often listed as a major concern in the healthcare sector. It is common among those who are menstruating and this is mostly due to an oversensitive reaction to the monthly hormone cycle. These reactions include engorged breasts, prickling or pulling sensations and light stabbing/throbbing pains , among others. Often, these women are referred to clinics for breast imaging to exclude possible causes for overgrowth or inflammation in the breast. For those who are less than 40 years of age, ultrasound would be the ideal choice. For women aged 40 and above, the first ideal test would be mammogram and ultrasound should be second choice, based on the symptoms that appear.

Dr Margaret Flori - Laurent Bleu Clinic

CLINICAL BREAST EXAMINATION (CBE)

FREE

Clinical Breast Screening (CBE) is a breast examination done by a medical doctor.

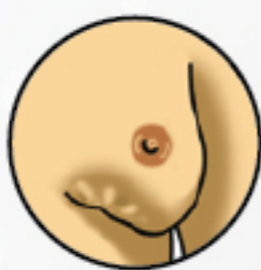
In addition to checking your own breasts, it is a good idea to see your doctor every year for a breast examination as your doctor may notice changes that you don't.

Please be aware that 1 of 8 Malaysian woman is diagnosed with breast cancer every year!

Early detection means life!



Lump



Skin Dimpling



Change in skin color or texture



Change in how the nipple looks, like pulling in of the nipple



Clear or bloody fluid that leaks out of the nipple

Illustration of symptoms of breast cancer

Graphic Source : <http://www.mommyedition.com/>

10 EASY STEPS

For Monthly Breast Exams



In Front Of Mirror

1. Inspect both breasts with your arms at your sides.
2. Raise your arms slowly, paying close attention to any swelling, or change in your breast or nipples.
3. Place hands on your hips, flex your chest muscles and again visually compare both breasts.



In The Shower

4. Extend right arm upward and examine right breast.
5. Extend left arm upward and examine left breast.



On The Bed

6. Lie down on a bed or floor on your back.
7. Insert your pillow under your right shoulder so that your right breast is flat.
8. Examine your right breast with right arm under head.
9. Insert your pillow under your left shoulder so that your left breast is flat.
10. Examine your left breast with left arm under head.

Graphic Source : <http://www.nationalbreastcancer.org/breast-self-exam>

for further information, please contact us:

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