

TIMING OF EXAMINATION

Breast Self Examination

From aged 20:
Every month

Clinical Examination

From aged 20 to 40:
Every 3 years
From aged 40:
Every year

Breast Imaging

From aged 40:
Every 1 to 2 years

Examination should be more frequent with family history of breast cancer

Healthy Life Style is Life



BREAST CLINICS

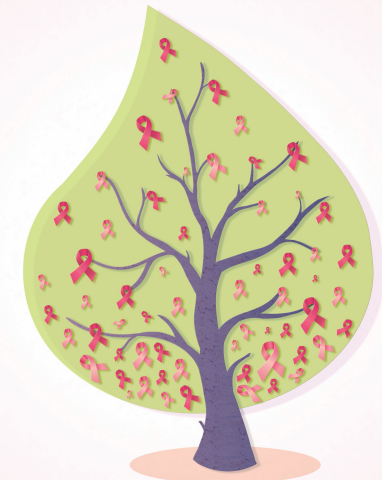


Medical Research Institute
Alexandria University
Mammogram and Ultrasound
Alexandria Main University Hospital
Mammogram and Ultrasound
Alexandria Regional Center
Mammogram and Ultrasound
Family Health Centers
Clinical examination

Health Governance Unit
Medical Research Institute
Alexandria University
71 Victor Emanuel Street, Smouha
Tel: (03) 4271528, 4248095



BREAST SELF EXAMINATION



Breast self examination is a practical and easy way for the early diagnosis of breast cancer.

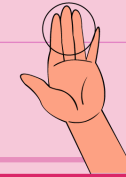
Early detection makes cure easier.

This leaflet explains the steps of breast self examination.



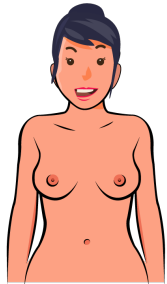


BREAST SELF EXAMINATION

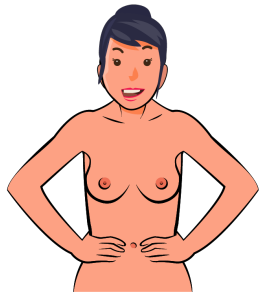


By Looking

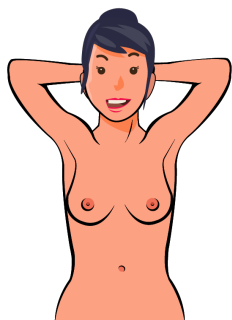
Stand before a mirror and look at both breasts and nipples.



Once with both arms beside your body



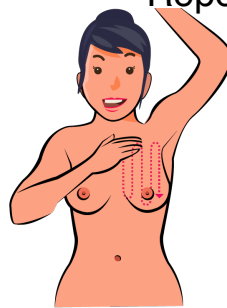
Once with both hands on your hips



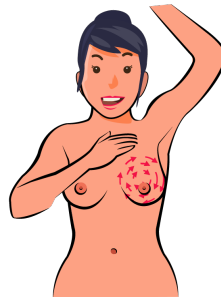
Once with both arms raised and arms behind your head

By Touching

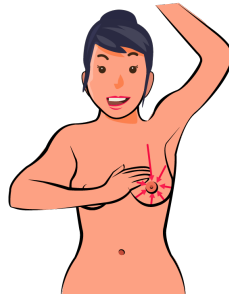
Raise your left arm. Use the pads of your 3 or 4 fingers of the right hand to examine your left breast. Repeat on the right side.



Once in lines up and down your breast from outside to inside



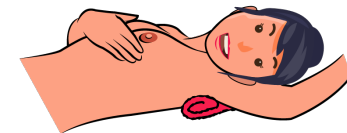
Once in circles around the breast making smaller circles towards the nipples



Once in wedges starting from outside towards nipples and back again

While Lying Down

Lie on your back, left arm over your head and a pillow under your left shoulder. Examine your left breast with your right hand as described before. Repeat for the right side. This position flattens the breast and makes it easier to examine.



Lymph Nodes

Place your left hand on your waist. With your right hand try to find enlarged lymph nodes in the left underarm area and around your left collar bone. Repeat on the right side.



An enlarged lymph node feels like a corn kernel or a bean