



# ARYA STANA

BONE & BREAST CARE

## VALUE OF SCREENING MAMMOGRAPHY

- Early detection of Breast Cancer
- Best way to detect Breast Cancer before a lump is felt
- Enables successful treatment and breast conserving surgery
- Early detection and treatment of Breast Cancer means a greater chance of survival.

## ROUTINE SCREENING MAMMOGRAPHY

- Recommended annually in all women between the ages of 40 and 70
- Can be done earlier than age 40 if there is any concern or a family history of Breast Cancer
- Beyond age 70 may be done every second year

## DIGITAL MAMMOGRAPHY BENEFITS

- Reduced radiation exposure
- Improved patient comfort
- Quicker examination
- Enhanced image quality

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## BREAST SELF-EXAMINATION (BSE)

Do a BSE every month, at the same time, ideally one week after your menstruation and on the same day if post menopausal.

Takes only 10 minutes.

Any changes or abnormalities noted during your monthly BSE should be reported to your physician without delay.

### LOOK



1

Stand in front of a mirror, hands on hips, and look carefully at each breast separately and comparatively for any changes.



2

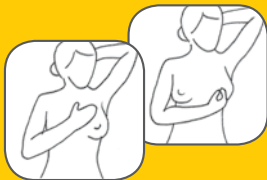
Raise your arms over your head and look at each breast as you turn slowly from side to side.



3

Bend forward and look at each breast with your hands on your hips and shoulders turned in, then with your arms relaxed and hanging in front of you.

### FEEL



4

Stand with one hand behind your head and with flattened fingers of your other hand gently examine your entire breast area (breast, nipple, area from armpit to collar bone and below breast) in a circular rubbing motion. Examine your other breast in the same way.



5

Lying down, with one hand behind your head, follow the same instructions as above. Check your nipples for any unusual discharge.