

Gynaecological Case Taking

Breast Examination

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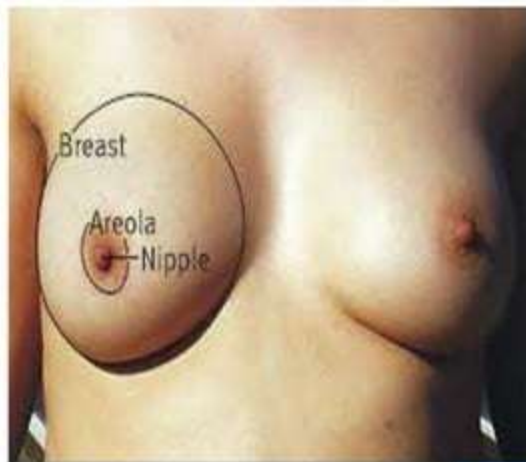
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BREAST EXAM

(Screening method)

Indications - Routinely done after 30 of age to find out the -
Breast lumps, distortions or swelling.



BREAST EXAM



Method: -

- Examine each breast separately,
- Site – Breast with under arm, and collarbone area.
- ❖ And note out changes in –
 - Breast – Site / **Size and Shape** (Similarity) ?
 - Skin changes ?
 - Signs of injury or infection - such as bruising or redness.
 - Any scar of previous surgery.

❖ **Position of the Patient:-**

- Expose the patient properly – Chest / Neck with axillary area.
- Lying on back (flat) on the table and keep arm behind the head – for size and shape of the breast and nipple.

❖ Position of the Patient:-

- **Standing position** - Watch the Anatomical position
- **Arms lifted over the head** -

Hands on hips, or lean forward and press hands together to tighten the muscle beneath each breast.



Breast Self-Examination



1. Lie down and put your left arm under your head. Use your right hand to examine your left breast. With your 3 middle fingers flat, move gently in small circular motions over the entire breast, checking for any lump, hard knot, or thickening. Use different levels of pressure - light, medium, and firm - over each area of your breast. Check the whole breast, from your collarbone above your breast down to the ribs below your breast. Switch arms and repeat on the other breast.



2. Look at your breasts while standing in front of a mirror with your hands on your hips. Look for lumps, new differences in size and shape, and swelling or dimpling of the skin.

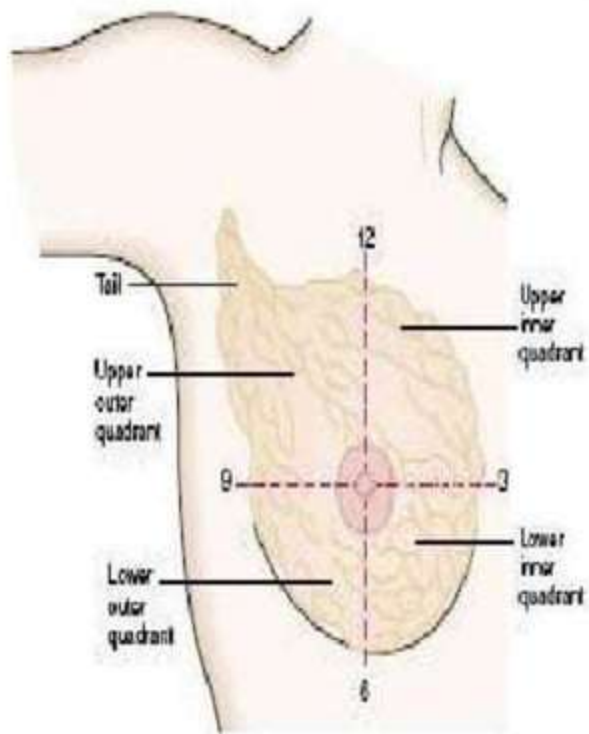


3. Raise one arm, then the other, so you can check under your arms for lumps.



4. Squeeze the nipple of each breast gently between your thumb and index finger. Report to your healthcare provider right away any discharge or fluid from the nipples or any lumps or changes in your breast.

Breast Examination



Inspection: -

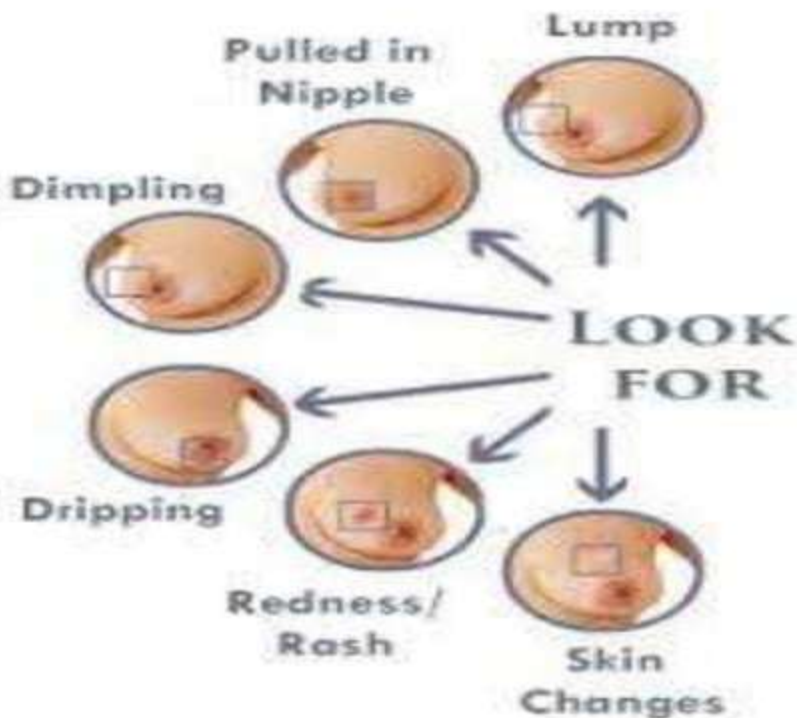
- Both side simultaneously – Normally
- One breast may be slightly larger than the other.
- A small area of firm tissue may be present in the lower curve of the breast below the nipple.
- During menstrual cycle many women can feel tenderness or lumpiness in one or both breast.



- **One breast may have more glandular tissue (lumps) than the other one, especially in the upper outer quadrant of the breast.**



Breast Inspection



Breast Examination

- Any wrinkling,
- Dimpling, thickening, or puckering?
- Any area that feels grainy, stringy, or thickened?

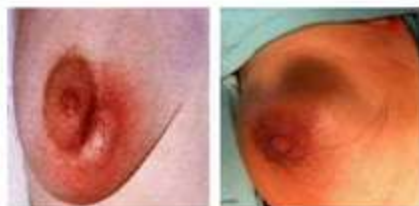


BREAST ABSCESS



Colour: - discoloration?

- **Red** – Acute Inflammation,
- Blackish – Chronic inflection,
- Dermatitis, Cancer?
- Yellowish black – Abscess?
- Brown pigmentation – Montgomery tubercles (Pregnancy).
- Redness or warmth over a painful lump or over an entire breast?
- **Cause of** – Infection, abscess or mastitis or cancer.



❖ **Size and Shape** - of the breast and nipples.

• **Micromastia** - Small size then the age ?



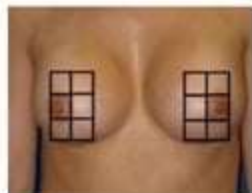
• Enlarged size – Premenstrual, Pregnancy.

• **Macromastia** (hyper oestrogenic),
Mastitis or any growth.



Small or Atrophy –

- Before or during development, after menopause, lack of ovarian hormones.



Shape – Symmetrical/ Asymmetrical or regular /

Irregular, any changes on any side.



Position of the breast and nipple - upward or
down ward, inverted or exerted.



Nipple: -

- Is **shrinking** into the breast
- **Red**, scaly rash or sore?
- Any secretion from the nipple spontaneous or by squeezing.
- **Milk** – Lactation, Breast stimulation, Hormonal use, Prolactinaemia?
- **Blood stained** – Breast abscess



1. Enlargement & Asymmetry



**2. Nipple -
Circumferential Retraction**



**3. Areola - Paget disease –
Skin changes like eczema.**



4. Dimpling



5. Skin nodular changes



6. Ulceration



7. Peaud's orange



Metastasis - 8. Sister Josef nodules in the umbilicus.



Palpation:-

- **Method:-**

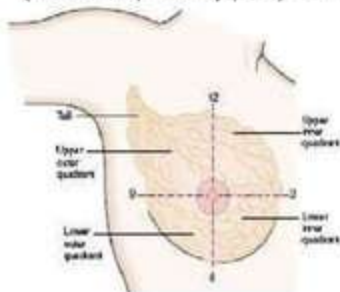


Circles

Wedges

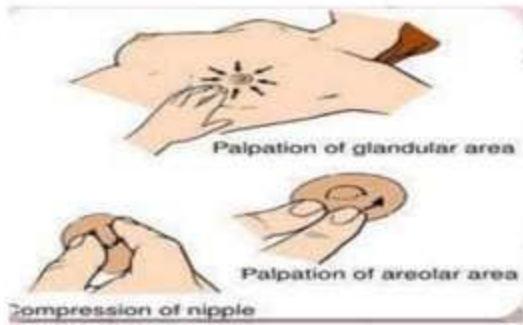
Lines

- Both Breasts should be palpate simultaneously by both palms (not by finger) divided in four areas of breast.



- Gently press on the breast tissue from about 1 inch (2.5 cm) below the breast up to the collarbone, towards breast tail, armpit (axillary area) and neck (lymph nodes).

- ❖ Feel the breast tissue and find out the tender area and any changes in the tissues like unusual new, larger, harder, or different in any other way from the tissues called lump.
- One effected side again palpate by both hands with finger and estimate the size and shape of the lump.
- Nipple should palpate and squeeze out for any discharge ?



Investigations:-

- If any pathology , is present. –
 - Cyclic breast pain, fibrocystic changes, or cysts.
- USG, Mammogram, Magnetic Resonance Imaging (MRI).
- Lump with discharge – FNAC and biopsy (cytological analysis).

A scenic photograph of a sunset over a body of water. The sun is low on the horizon, partially obscured by a range of dark mountains. The sun's light creates a shimmering path of reflection on the water's surface. The sky is filled with soft, grey clouds. The overall mood is peaceful and serene.

THANK YOU