

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

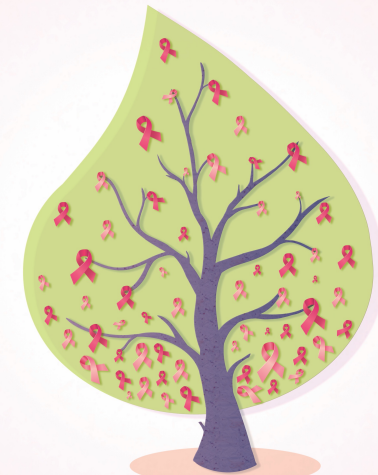


Medical Research Institute
Alexandria University
Mammogram and Ultrasound
Alexandria Main University Hospital
Mammogram and Ultrasound
Alexandria Regional Center
Mammogram and Ultrasound
Family Health Centers
Clinical examination

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BREAST CANCER EARLY DETECTION



Breast cancer affects one in eight women.

Early detection makes cure easier.

This leaflet includes information on early detection of breast cancer.



BREAST EXAM

BREAST CANCER SIGNS

Self-Examination

You should examine your breasts once monthly; starting from twenty years of age, and observe any changes in size or shape. The easiest way to examine breasts is during a shower after end of monthly period by a week.

Clinical Examination

The doctor examines the breast for any changes or palpable masses

Imaging

Imaging tests can be done by mammography or ultrasonography

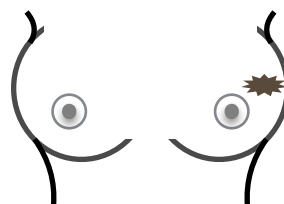
Mammography

Mammography is an X-ray that is advised regularly after 40 years of age for early detection of cancer, especially if there are no signs and symptoms. The breast is pressed gently between two discs for a moment to take a flat image of the breast.

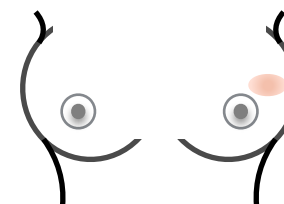
Ultrasonography

Ultrasound is used for early detection of breast cancer and is favored below 40 years of age. The radiologists puts a small microphone-like instrument lubricated with gel on the skin and moves it to pick up echoes for the breast and lymph nodes. The echoes are converted by a computer into a black and white image that is displayed on a screen.

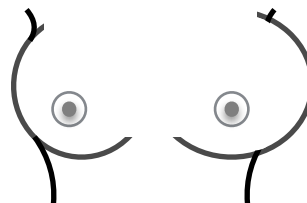
Please consult your doctor if you have any of the following



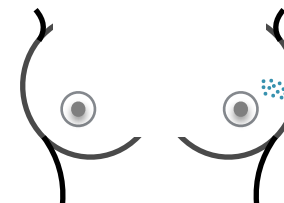
Lump, hard knot or thickening inside the breast or underarm area



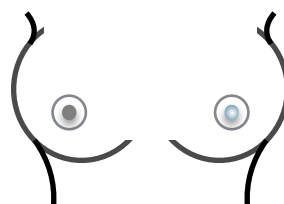
Swelling, warmth, redness or darkening of the breast



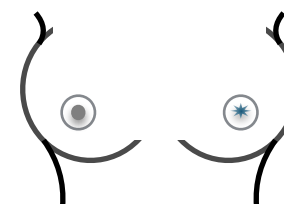
Change in the size or shape of the breast or nipple



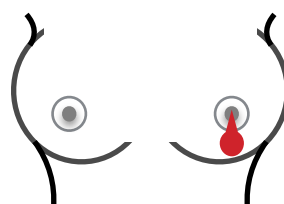
Dimpling or puckering of the skin



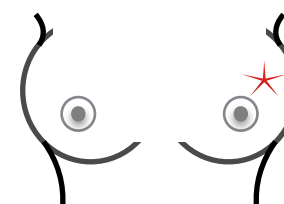
Itchy, scaly sore or rash on the nipple



Pulling in of your nipple or other parts of the breast



Nipple discharge that starts suddenly



New pain in one spot that does not go away