



Are you Confused about Self Breast Exam



Breast self-examination has its own potential risk. The majority of alterations or lumps found in women's breasts are not malignant. Even yet, discovering anything suspicious in your breast might make you nervous about what it could signify.

You may have to wait several days before seeing your doctor. If you find a suspicious lump, you may need to have an imaging test, such as a diagnostic mammography or a breast ultrasound, or you may need to have breast tissue removed for evaluation (biopsy).

If the lump turns out to be noncancerous (benign), you may feel that you had an unnecessary intrusive operation.

However, "**breast awareness**," together with frequent screening, is a vital aid in the early diagnosis of **breast cancer**.

Here are some steps to Examine Breast Cancer

Step 1: Examine Your Breasts Every Month at the Same Time

Changes in your breast tissue might be caused by hormonal swings throughout the month. After your menstruation, when your breasts are less sensitive and swollen, is the greatest time to get to know your own breasts.

Step 2: Learn Your Anatomy

Begin your own examination by inspecting your breasts. Examine them from every aspect, even with your shoulders bent forward, to identify any puckering or skin changes. Then, with varied degrees of pressure, feel your breasts with the pads of your fingertips. If you are unable to learn such things you should definitely look for [the best gynecology doctor in Indore.](#)

Because everyone's breasts are a little lumpy/bumpy due to mammary glandular tissue, it's crucial to understand your unique, typical structure. If you feel a little lumpiness on one side, it is frequently present on the opposite side as well.

Make an effort to become acquainted with how your breasts feel in all locations, including around the nipple and all the way into your armpit. Most essential, don't rush and take your time.

Step 3: Examine the Breasts for Changes

Please notify your clinician straight away if you see anything unexpected or concerning. Any bulge that is expanding, changing, or becoming uncomfortable is cause for concern. Consult [the best gynecologist in Indore](#), if you notice any changes in the appearance of your breast skin, such as redness, warmth, scales, itching, or sores. Nipple discharge, especially if bloody, should be evaluated further.