

Breast Examination

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History

Symptoms of Breast Diseases

- Lump
- Pain
- Change in appearance

Lump

PAINLESS

- Carcinoma
- Cyst
- Fibroadenoma
- An area of fibroadenosis

PAINFUL

- An area of fibroadenosis
- Cyst
- Periductal mastitis
- Abscess
- Carcinoma (sometimes)

Breast Pain

CYCLICAL

- Hormonal influences
- Benign usually

NON-CYCLICAL

- Underlying pathologic process
- More significant

Change in Appearance

CHANGES IN BREAST SIZE AND SHAPE

- Pregnancy
- Carcinoma
- Benign hypertrophy
- Rare large tumors

NIPPLE- AREOLA CHANGES

- Retraction
- Discharge
- Deviation
- Destruction

Relevant Points

- Age
- Previous pregnancies
- Menstrual history
- Medications
- Risk factors for breast cancer

Physical Examination

First

- **Introduce your self**
- **The patient should be accompanied by a relative and a nurse**
- **Take consent**
- **Explain what are you going to do**
- **Start from the normal breast**

Exposure

- The patient should be disrobed to the waist



Positions for the Examination

- 1) **Setting**
- 2) **Leaning Forward**
- 3) **Lying**

Steps of the Examination

- **Inspection**
- **Palpation**

Inspection

SETTING

- Shape and asymmetry

ARMS BY SIDE



Inspection

- **Asymmetry**



Inspection

- **Bilateral accessory breasts**



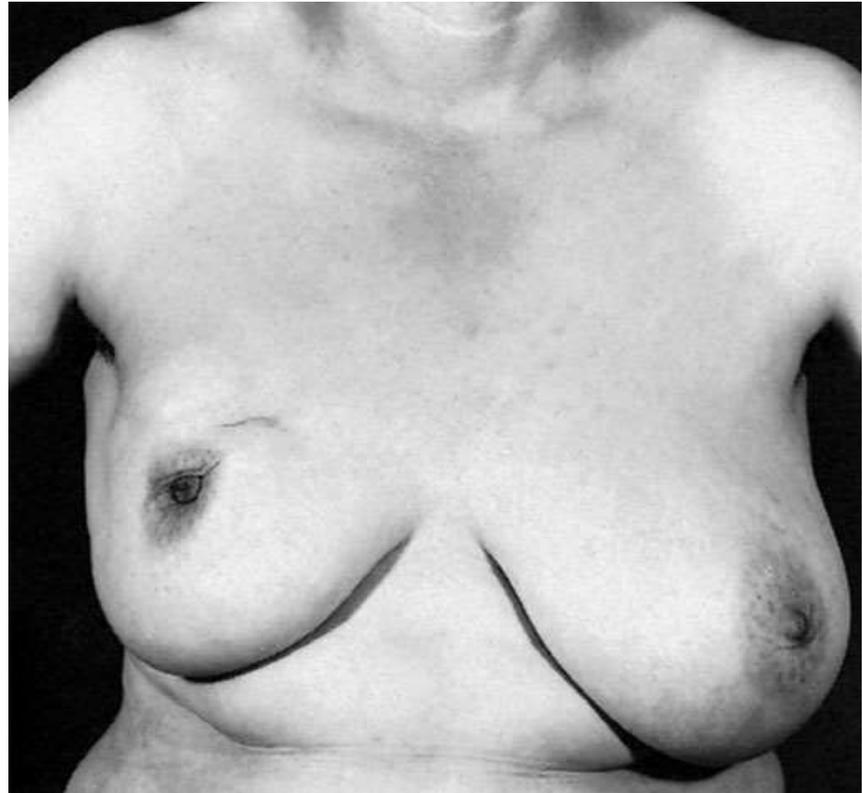
Inspection of the Nipple

- **Number**



Inspection of the Nipple

- Position
- Retraction



Inspection of the Nipple

- Discharge



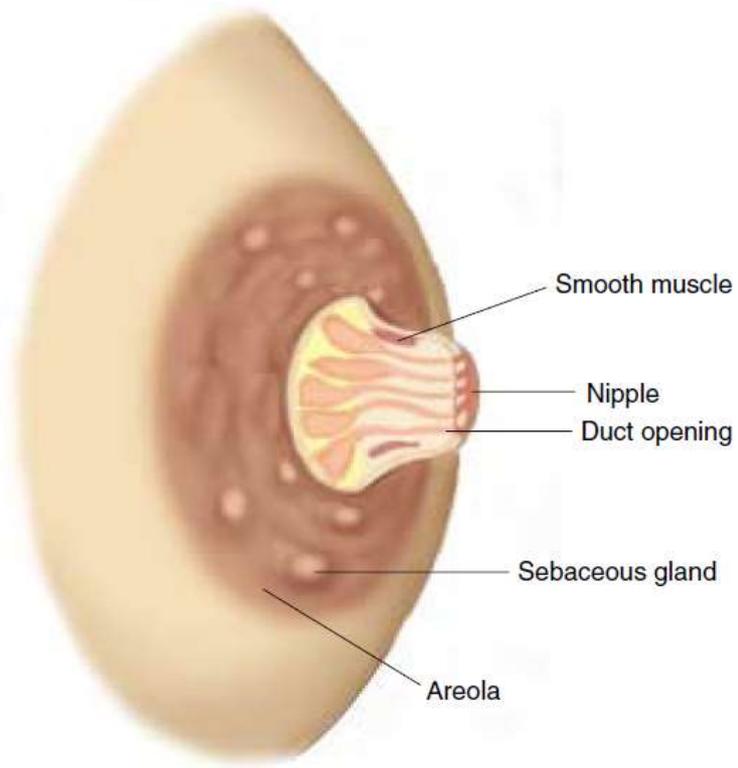
Inspection of the Nipple

- Destruction



Inspection of the Areola

➤ Normal Structure



Inspection of the Areola

- Retention Cyst of Montgomery's Gland



Inspection of the Areola

- **Mammary Fistula**



Inspection of the Areola

- **Abscess**



Inspection of the Skin

- **Visible Veins**
(Mondor's disease)



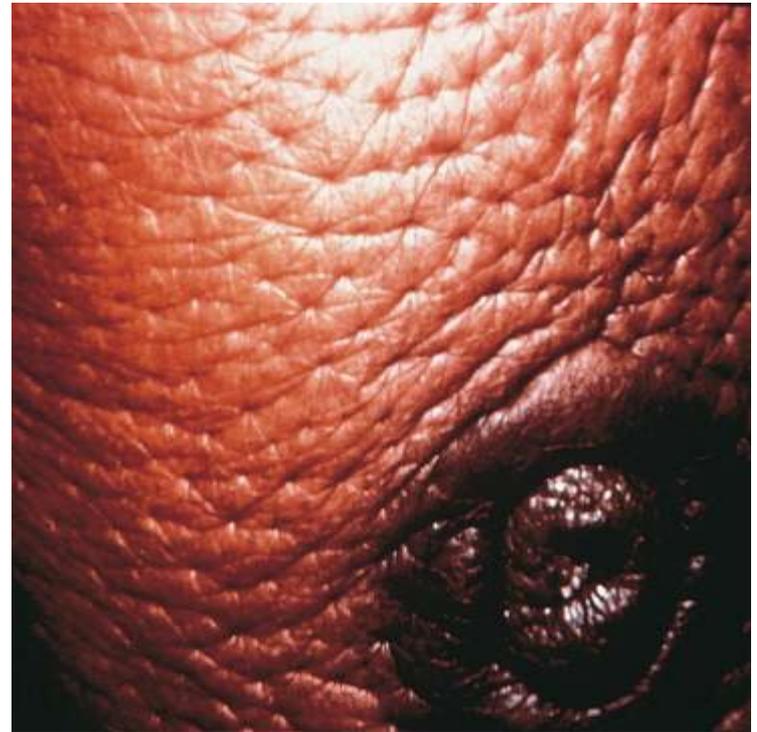
Inspection of the Skin

- Inflammation (Redness)



Inspection of the Skin

- **Peau d'orange**



Inspection of the Skin

- **Dimpling**



Inspection of the Skin

- **Ulceration or Destruction**



Inspection of Visible Swelling

- Site
- Size
- Shape
- Surface
- Edge



Inspection of the Axillae

- Skin
- Masses
- Sinuses



Inspection of the Supraclavicular Fossa and Arm

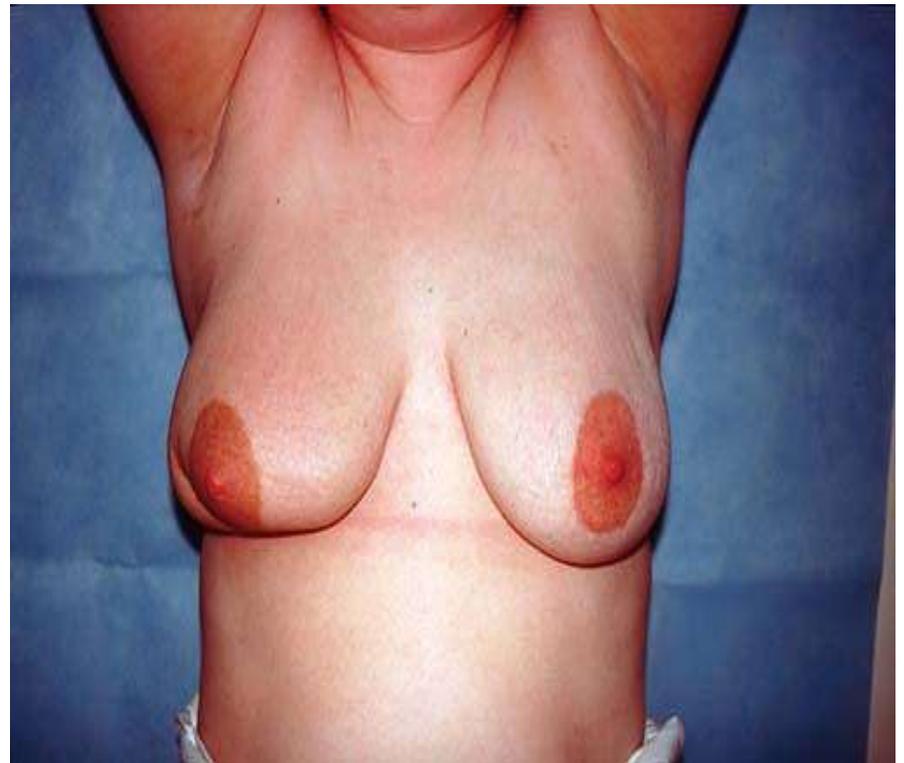


Inspection

SETTING

- Skin retraction in the lower quadrants (Tethered to the skin)

ARMS OVER HEAD



Inspection

SETTING

- Fixation of to the underlying muscle

HANDS PRESSING AGAINST HIPS



Inspection

LEANING FORWARD

- Lesions in the upper quadrants



Inspection

SUPINE POSITION

- Hand at Forehead Level
- Hand at Neck Level



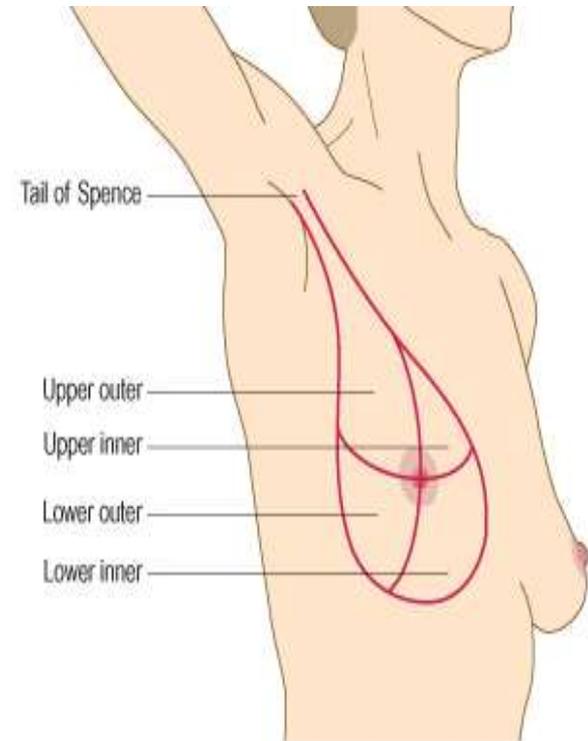
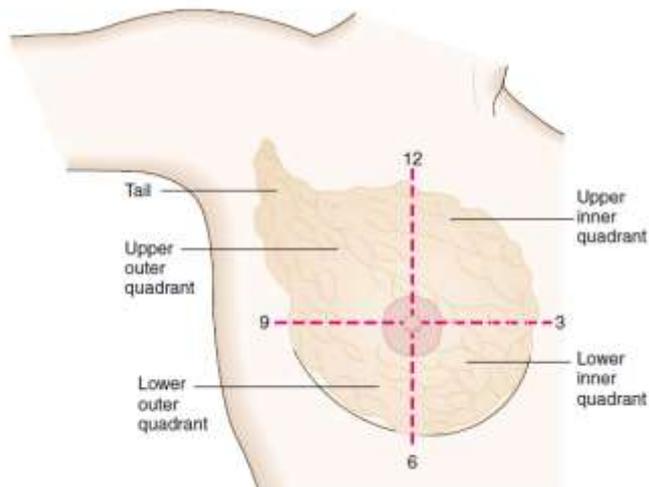
PALPATION

- Palpate with the palmar surface of the fingers, then palpate with the fingertips



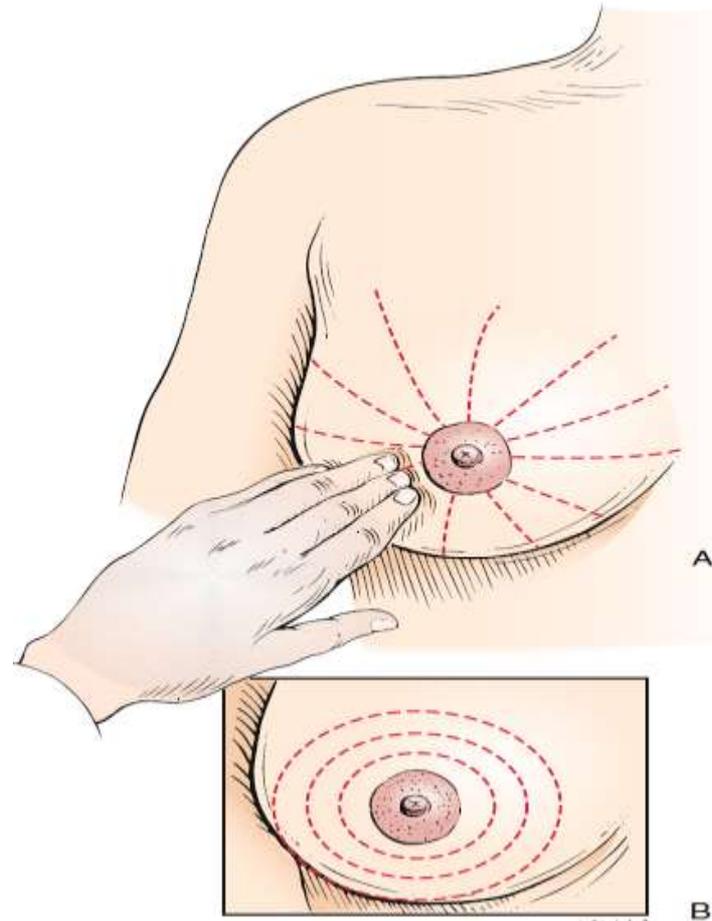
PALPATION

- Palpate the four quadrants first then the retroareolar area and axillary tail.



PALPATION

- Palpate the breast in a systematic manner:
 - A. "Spokes of a wheel."
 - B. Concentric circles.



Bimanual Palpation

- Bimanual palpation in very large or pendulous breasts



Structures to be palpated

- **Breast substance**
- **Skin**
- **Nipple-areola complex**
- **Muscles**
- **LN's**

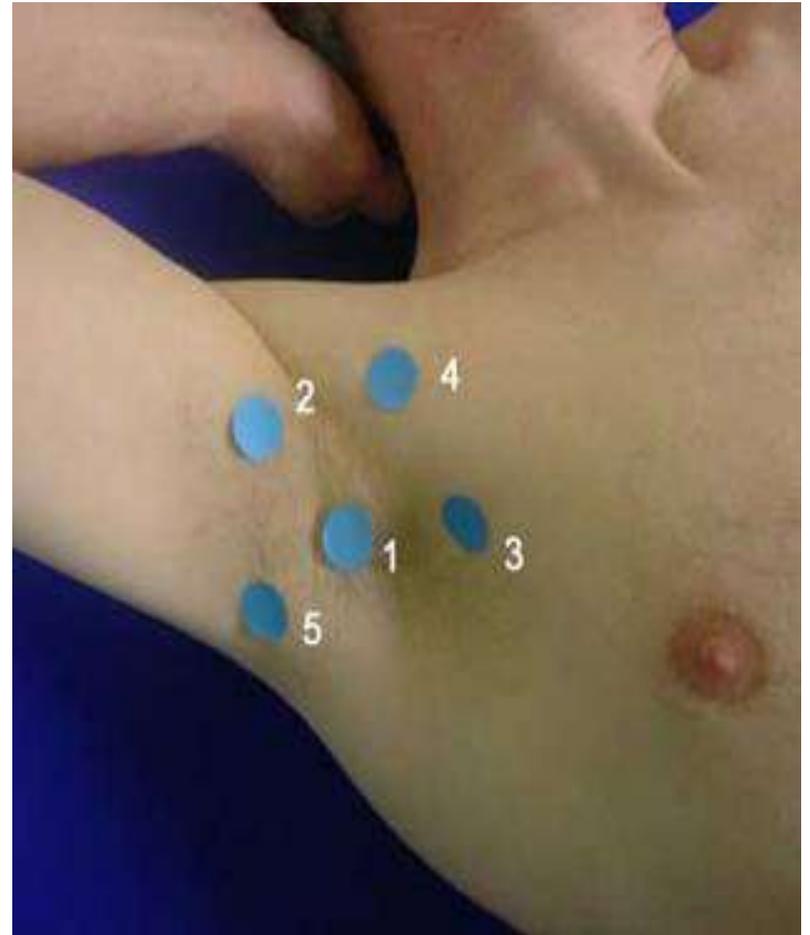
Palpation of the Swelling

- **Confirm visual impression**
- **Warmth**
- **Tenderness.**
- **Composition.**
- **Mobility.**
- **Relations**

Palpation of Axillary LNs

LN Groups:

1. Central (Apex)
2. Lateral
3. Pectoral (Medial)
4. Infraclavicular
5. Subscapular



Have A Nice Day

