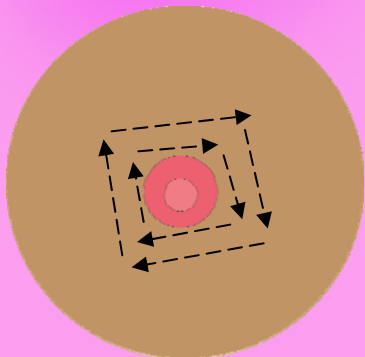
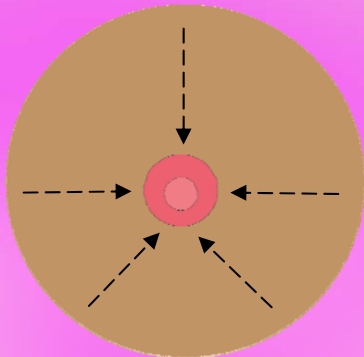
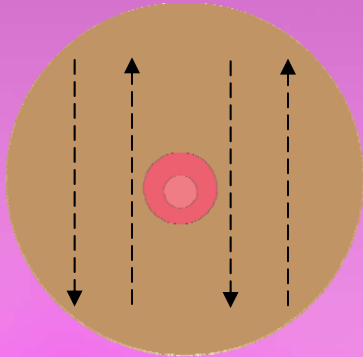


# Self Breast Exam

Palpate the breasts with fingertips close to one another in the following manner in both standing and lying down positions:



*When in doubt,  
consult your  
friendly surgeon\**



\* A surgeon who is a Fellow of the **Philippine College of Surgeons** has undergone accredited surgical residency training and passed certifying board exams.

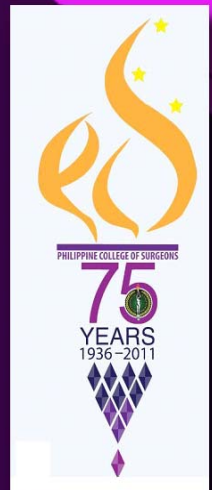
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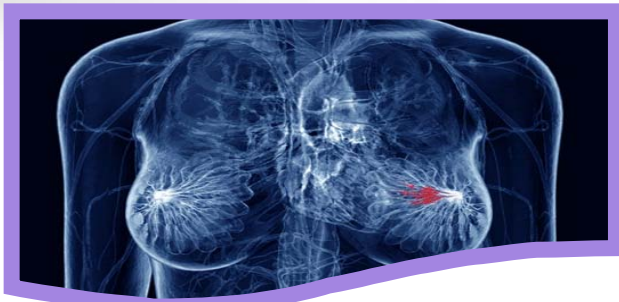
3/F PCS Building, Quezon City  
Phone 927-4973 / 927-4974 / 928-1083  
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Email [pcs@pcs.org.ph](mailto:pcs@pcs.org.ph)  
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PHILIPPINE COLLEGE OF  
SURGEONS

Things you  
need to know  
about  
**Breast**  
CANCER





## Facts and Figures

- Most common cancer among Filipino women.
- Incidence is among the highest in Asia.
- The lower survival rate is associated with late stage at presentation and lack of appropriate treatment.
- Breast cancer will continue to increase in the coming years because of
  - increasing life expectancy and
  - shifting reproductive and behavioral patterns associated with increasing task.

**Breast cancer is CURABLE if detected and treated early.**

## Warning Signs

- persistent lump, thickening, swelling or dimpling
- sore in the nipple, bloody nipple discharge, nipple retraction



**Breast cancer is generally painless.**

## Early Detection

### **By age 20:**

Monthly self-breast exam (SBE) done 10-14 days after menstruation

### **By age 30**

Annual clinical breast exam

### **By age 50**

Annual mammography



**All suspicious masses/abnormal changes should be biopsied immediately.**

## Treatment

**Surgery** is the primary treatment for all respectable breast cancer.

*Modified Radical Mastectomy with or without breast reconstruction  
Breast Conservation Therapy*

## Adjuvant Treatment

- Hormonal Therapy
- Chemotherapy
- Radiation Therapy
- Targeted therapies

Hormone receptor (estrogen receptor / progesterone receptor) status determination should be done for all invasive breast cancers.

**Hormone receptor status should be the main consideration in the choice of adjuvant treatment**