

Script for Breast Self-examination(BSE) of Breast Cancer

Part1 To capture the audience with questions

Q1 Have you heard about breast cancer?

Q2 What do you know about breast cancer?

Q3 Do you know that breast cancer is the most common malignant tumor in woman?

Q4 Do you know that the prognosis of breast cancer is very good comparing with other malignant tumors?

Q5 Please try to figure out the reasons for its good prognosis. (the most important reason is that breasts are superficial organs which are easy to check and perform surgery on, early detection and surgery are very important factors for prognosis)

With these 5 questions, make sure the audience know the importance of early detection of breast cancer and that can be realized by monthly BSE

Part2 Steps to get the audience involved in learning the steps of BSE

Step1 emphasizing the principle of BSE: do BSE on a monthly basis, cover every part of the breasts, and don't forget the underarm.

Step2 tell the audience beforehand that there are 5 lumps in the model and she'll be invited to examine the model after being shown how to do BSE.

Step3 Show the audience how to do BSE and invite the audience to examine the model.

Step4 Show the audience how to examine the underarm and ask the audience to mimic.

With these 4 steps, make sure the audience can do BSE correctly. If possible, invite those who do well to join in teaching.

Part3 Key informations for the audience to spread BSE to other people

Key1 Who need BSE: all adult woman (including pregnant woman, woman with implants, women after menopause, as the occurrence of breast cancer go up with age, aged ones should pay extra attention)

Key2 When do BSE (for those have periods, 7-10 days after periods finish, for those who don't, some fixed day every month)

Key3 What if finding a lump doing BSE: no need to panic as 8 out of 10 emerging lumps are not cancerous, contact a professional and pay close attention to it.

Most important! Tell the audience to spread her own knowledge to her relatives, friends, etc.

PS: BSE from American Cancer Society

http://www.cancer.org/docroot/CRI/content/CRI_2_6x_How_to_perform_a_breast_self_exam_5.asp

How to Perform a Breast Self-Exam

Beginning in their 20s, women should be told about the benefits and limitations of breast self-exam (BSE). Women should know how their breasts normally look and feel and report any new breast changes to a health professional as soon as they are found. Finding a breast change does not necessarily mean there is a cancer.

A woman can notice changes by being aware of how her breasts normally look and feel and by feeling her breasts for changes (breast awareness), or by choosing to use a step-by-step approach (see below) and using a specific schedule to examine her breasts.

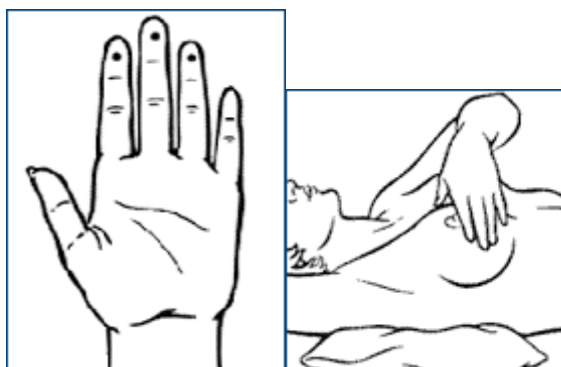
If you choose to do BSE, the information below is a step-by-step approach for the exam. The best time for a woman to examine her breasts is when the breasts are not tender or swollen. Women who examine their breasts should have their technique reviewed during their periodic health exams by their health care professional.

Women with breast implants can do BSE, too. It may be helpful to have the surgeon help identify the edges of the implant so that you know what you are feeling. There is some thought that the implants push out the breast tissue and may actually make it easier to examine. Women who are pregnant or breast-feeding can also choose to examine their breasts regularly.

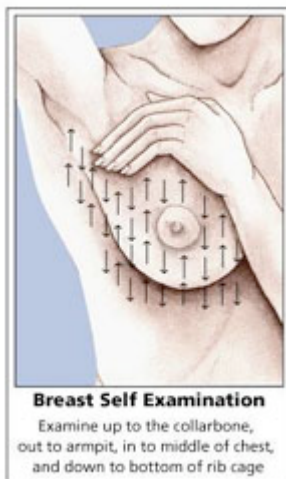
It is acceptable for women to choose not to do BSE or to do BSE once in a while. Women who choose not to do BSE should still be aware of the normal look and feel of their breasts and report any changes to their doctor right away.

How to examine your breasts

- Lie down and place your right arm behind your head. The exam is done while lying down, not standing up. This is because when lying down the breast tissue spreads evenly over the chest wall and is as thin as possible, making it much easier to feel all the breast tissue.
- Use the finger pads of the 3 middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.



- Use 3 different levels of pressure to feel all the breast tissue. Light pressure is needed to feel the tissue closest to the skin; medium pressure to feel a little deeper; and firm pressure to feel the tissue closest to the chest and ribs. It is normal to feel a firm ridge in the lower curve of each breast, but you should tell your doctor if you feel anything else out of the ordinary. If you're not sure how hard to press, talk with your doctor or nurse. Use each pressure level to feel the breast tissue before moving on to the next spot.
- Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone). Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collar bone (clavicle).



- There is some evidence to suggest that the up-and-down pattern (sometimes called the vertical pattern) is the most effective pattern for covering the entire breast, without missing any breast tissue.
- Repeat the exam on your left breast, putting your left arm behind your head and using the finger pads of your right hand to do the exam.
- While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, or dimpling, or redness or scaliness of the nipple or breast skin. (The pressing down on the hips position contracts the chest wall muscles and enhances any breast changes.)
- Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it harder to examine.

This procedure for doing breast self exam is different from previous recommendations. These

changes represent an extensive review of the medical literature and input from an expert advisory group. There is evidence that this position (lying down), the area felt, pattern of coverage of the breast, and use of different amounts of pressure increase a woman's ability to find abnormal areas.