

5 WAYS TO DETECT BREAST CANCER YOURSELF

According to a report by the National Institute of Cancer Research in 2014, Breast cancer is the second most common cancer in Bangladesh while in women it is the most common carcinoma. October is breast cancer awareness month, and many videos and advertisements were made to raise awareness. So we also took the initiative to reinforce these necessary steps for you. Here are 5 ways you can examine yourself for breast cancer:

Step 1

Start the process by looking at your breasts in the mirror. Make sure your shoulders are straight and your arms are on your hips.

During this step, here's what you should look for:

- Breasts that are their usual size, shape, and colour
- Breasts that are evenly shaped without visible distortion or swelling

If you see any of the following changes, contact your doctor immediately:

- Dimpling, puckering, or bulging of the skin
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- Redness, soreness, rash, or swelling

Step 2

If everything looks fine, begin the next step. All you have to do is raise your arms this time, and look for the changes mentioned above. If any of the changes are visible, contact your doctor immediately.

Step 3

While you are looking at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or even blood). If any of these fluids are present, you must consult your doctor.

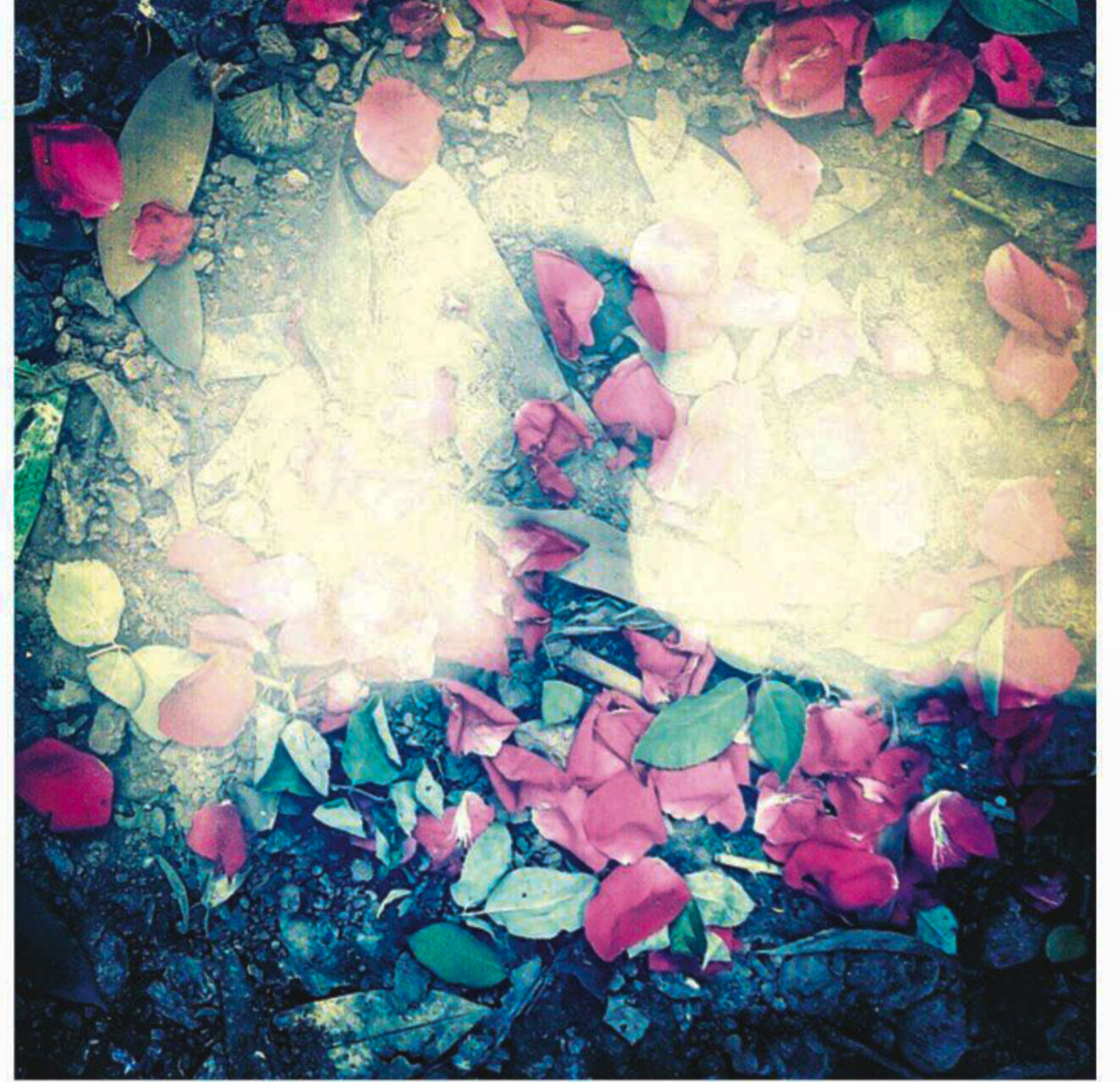
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PHOTO: KAZI TAHSIN AGAZ APURBO



Step 4

In the next step, you have to feel your breasts while lying down. Use your right hand to feel your left breast and then vice versa. You have to make sure to use a firm, smooth touch with the first few finger pads of your hand and keep the fingers flat and together. Use a circular motion, about the size of a quarter. You have to make sure to check the entire breast- from top to bottom, side to side, from your collarbone to the top of your abdomen, and from your armpit to your cleavage. It is easier if you follow a pattern, so you can just begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.



Step 5

For the final step, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Again, make sure to examine your entire breast, using the same hand movements described in step 4.

While there are many people taking this issue lightly, we women have to take it upon ourselves to make sure this deadly disease doesn't invade and ruin our lives. Examine yourself, follow these five steps and make sure you lead a healthy life.

Source: www.breastcancer.org

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