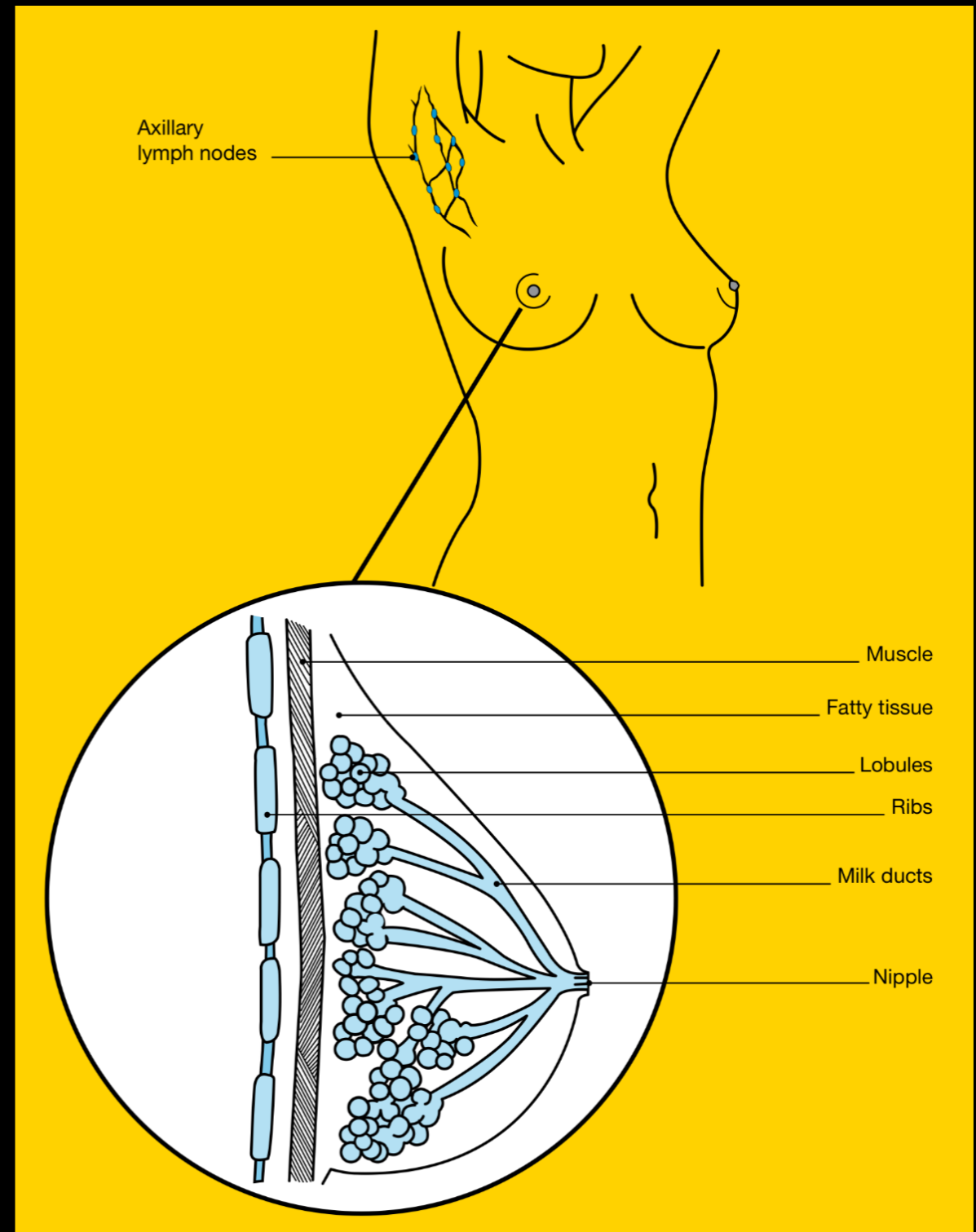


Clinical Breast Examination

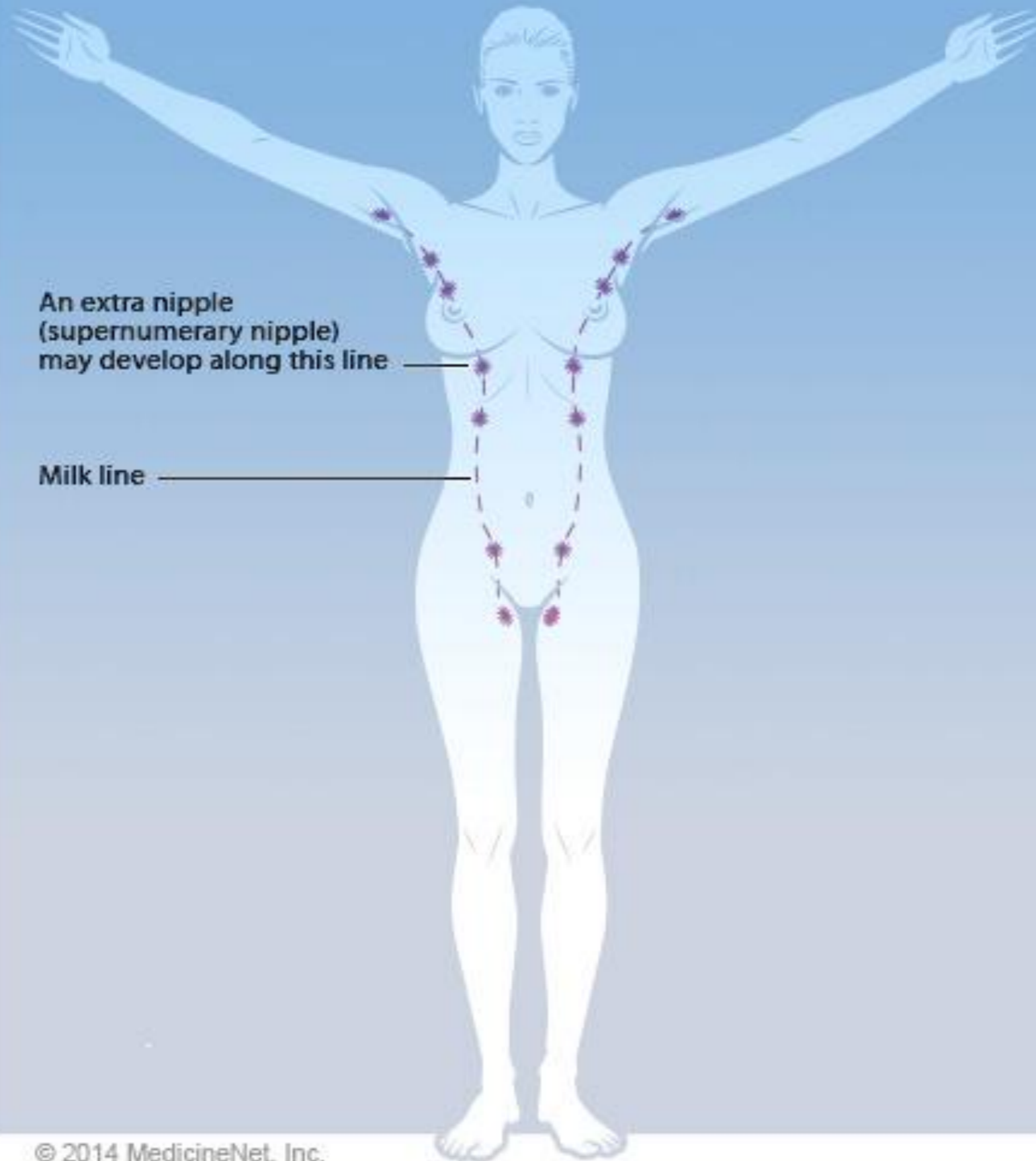
Dr.Somchai Thanasitthichai
Duputy Director of NCI

Anatomy

- Superior: clavicle
- Inferiorly: inframamary crease ("bra line")
- Medially: sternum
- Laterally: axilla



Milk Lines

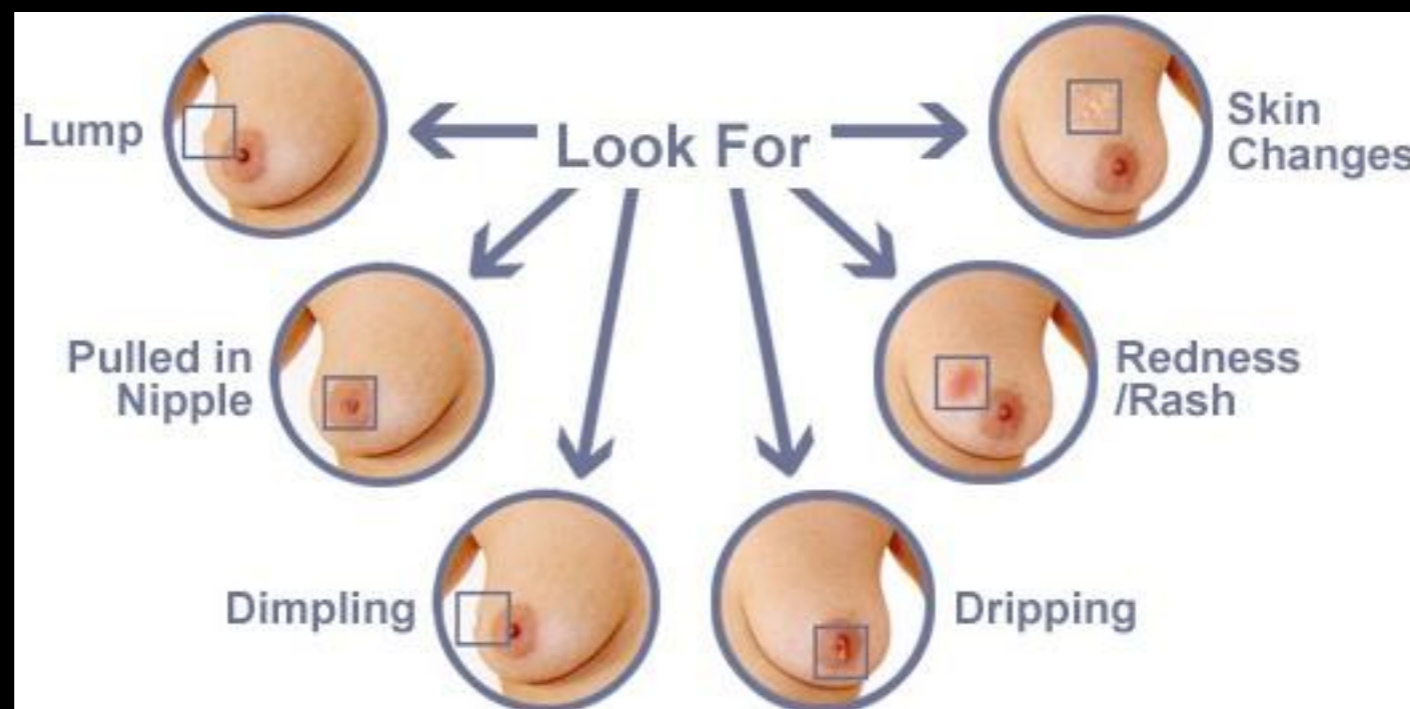


Why and when should a breast examination be performed?

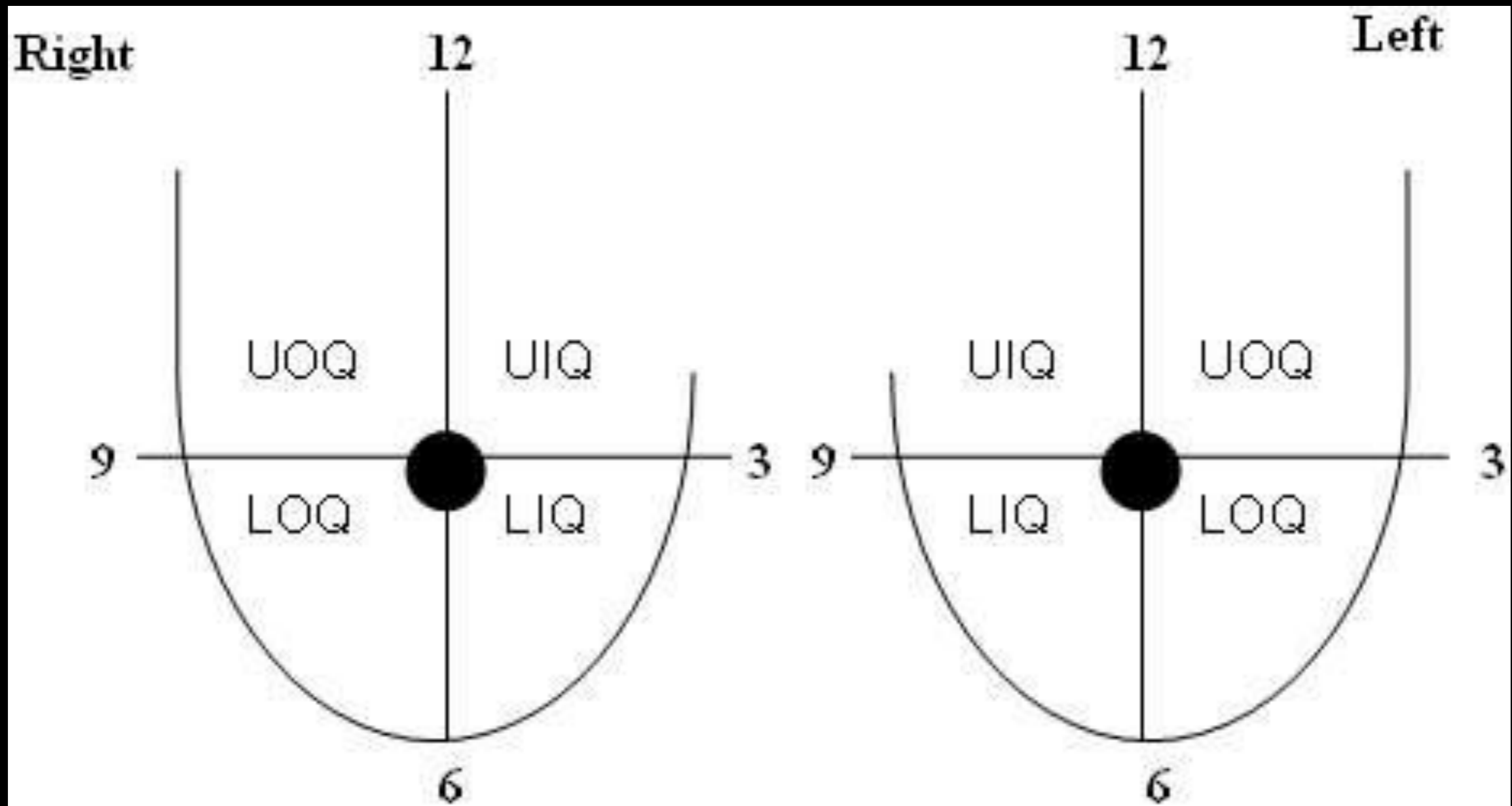
- In the asymptomatic patient
- Generally performed only on women
- CBE are usually done on an annual basis, beginning at the age of 40

Why and when should a breast examination be performed?

- In the symptomatic patient
- To better characterize the abnormality, identify underlying etiology, and direct additional evaluation and treatment.



Breast location



Getting started

- Lying flat on the table
- Place their hand over their head
- Observe the breast



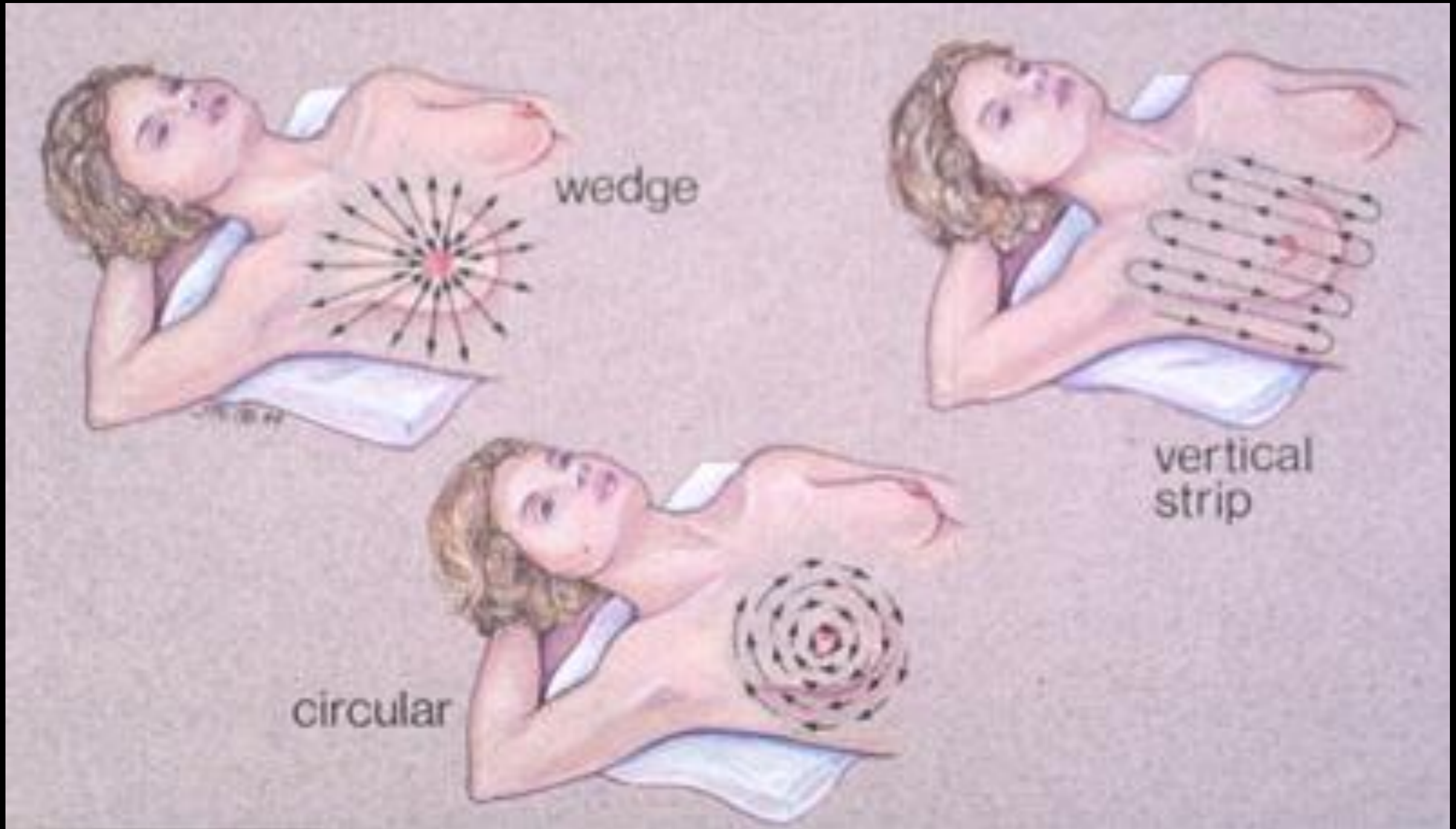
Observing the breasts while
the patient sits up.



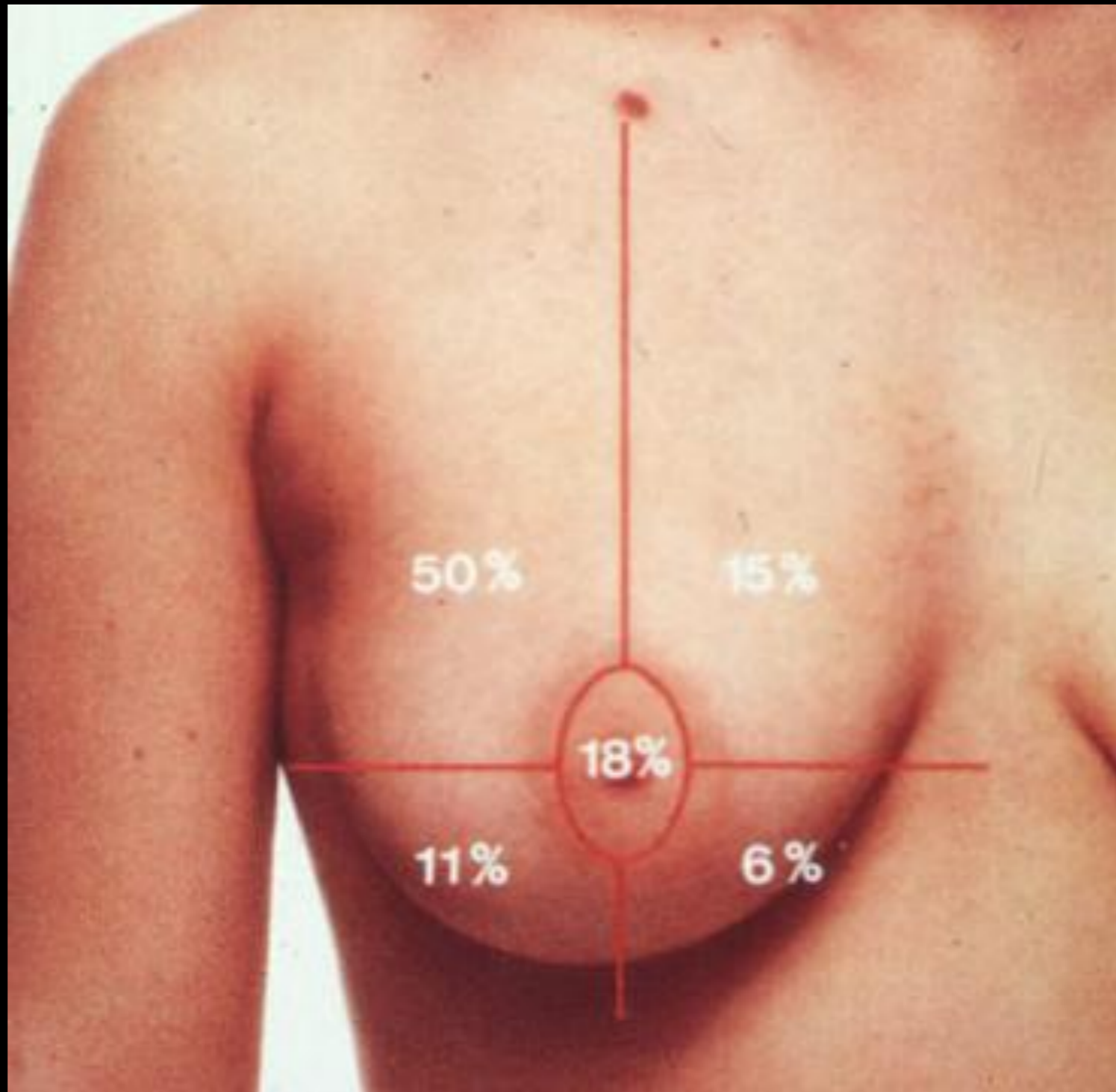
3 components of CBE to influence the accuracy

- Time spent: 2 minutes
- The search patterns
- The finger technique

The search pattern

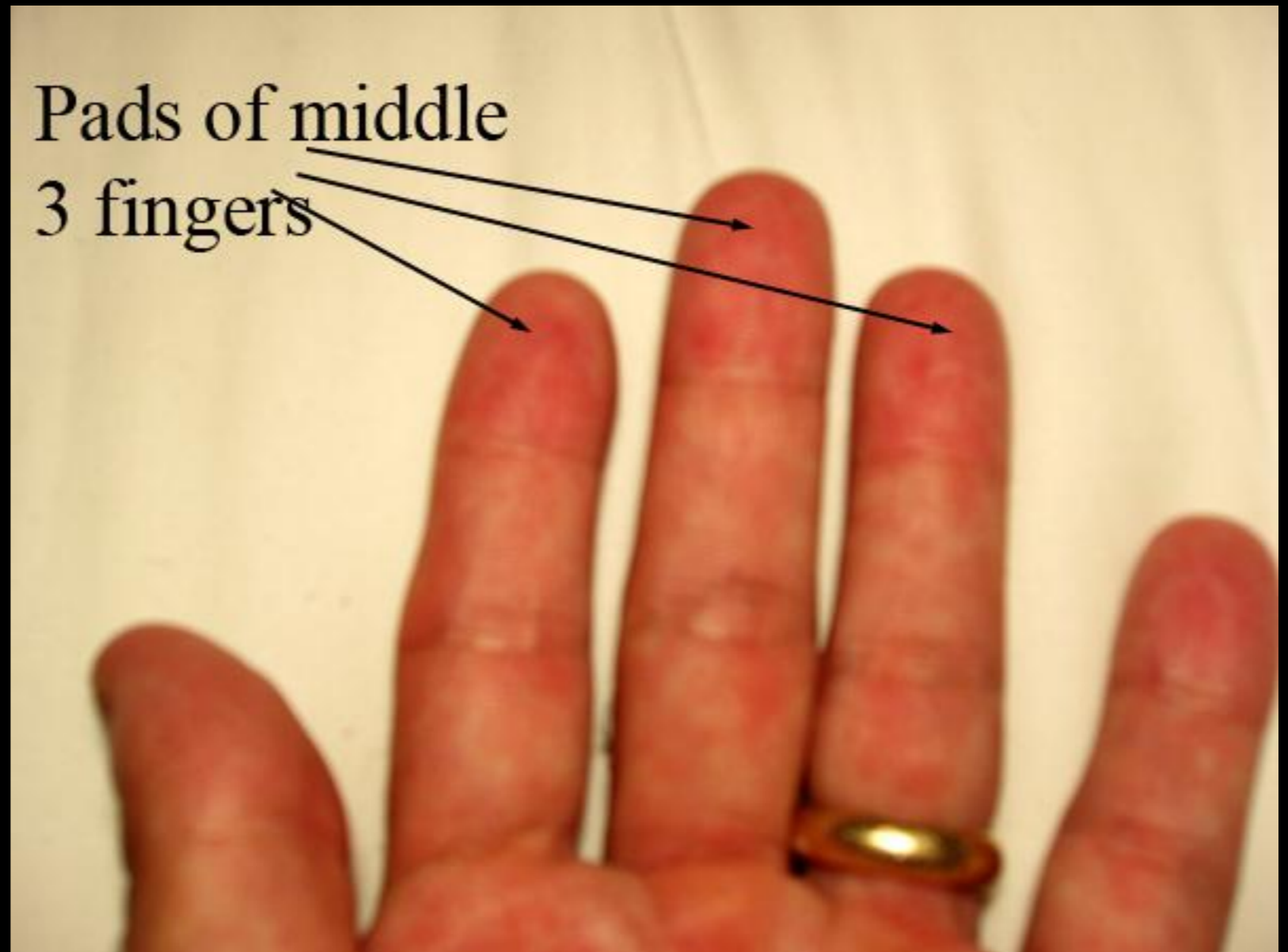


Distribution of breast tissue



Palpation technique

- Circular motion
- 3 level of depth
 - Superficial
 - Medium
 - Deep



Axillary region



Additional aspects of the exam

- Assessment of nipple discharge



Additional aspects of the exam

- Puckering/Dimpling



Additional aspects of the exam

- Nipple retraction



Additional aspects of the exam

- Redness/Pain



Peau d'orange



Beware

- Normal physiologic nodularity or a dominant mass
- Reexamination during the follicular phase
- Caffeine-free diet

การแปลผลการตรวจเต้านม

- ผิวหนังมีลักษณะผิดปกติ มี ไม่มี
- เต้านมแดง มี ไม่มี
- เต้านมมีรอยบุ๋ม มี ไม่มี
- หัวนมถูกดึงรั้ง มี ไม่มี
- สารคัดหลั่งจากหัวนม มี ไม่มี
- ก้อน มี ไม่มี

สรุปผลการตรวจ

ปกติ ผิดปกติ

แผนการรักษา

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Thank You