**Risk Factors**
- History of neoplasm, especially prior to age 45
- Family history-first degree relative
- Early menarche
- Late menopause
- Nulliparous
- Previous breast biopsies with abnormal results
- History of ovarian cancer

**Subjective Lump Characteristics**

*Associated with malignancy:*
- Hard
- Non-painful
- Associated bloody nipple discharge
- Non-mobile
- No change with menstrual cycle

*Associated with no malignancy:*
- Soft
- Painful
- Mobile
- Changes with menstrual cycle
**Breast Examination**

- Use a well-lit examination room
- Inspect patient in 4 positions:
  - Arms at sides
  - Arms over head
  - Hands on hips
  - Leaning forward
- Inspect both breasts noting any abnormalities and differences.

**Suspect malignant lesion if:**
- New nipple retraction
- Dimpling of skin
- Bloody nipple discharge
- Unilateral nipple discharge
- Ulceration on the areola (R/O Paget's)
- Erythematous plaque with or without ulceration

**Lymph Node Palpation**

- Palpate the areas above and below the medial aspects of the clavicle; note any nodules or masses.
- Place tips of digits into the apex of the axilla and gently palpate all surfaces of the the anterior and posterior walls. Note any nodules or masses.

**Breast Palpation**

- Position patient in supine, relaxed position with arm over head and breast exposed.
- Palpate the breast tissue using the palmar pads of the middle three digits; use a gentle rotatory motion and at each palpation site use three levels of pressure intensity: shallow, medium and deep.
- Overlap each site using the vertical strips pattern.
- Cover all areas within these borders:
  - The clavicle superiorly
  - The sternum medially
  - The mid-axillary line laterally
  - Rib beneath the breast inferiorly.
  - "Tail of Spence".
- Gently palpate the subareolar area and the nipple.
- Examine the other breast using same procedure. Note any differences.

**If a lump is detected, document:**
- Size, in centimeters
- Location: quadrant/subareolar
- Mobility
- Texture: soft/hard
- Texture: smooth/irregular
- Associated skin changes