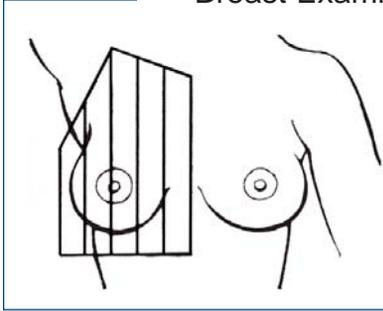
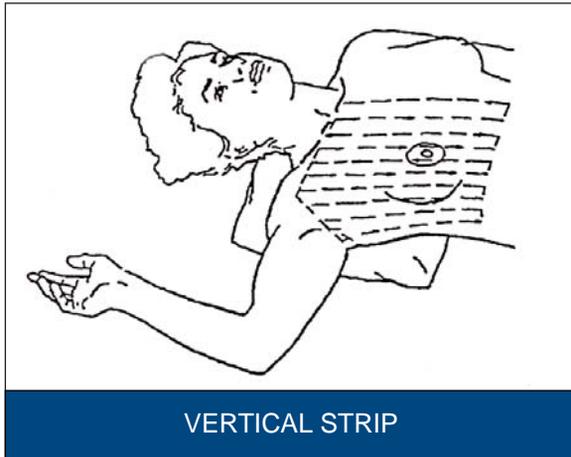


Breast Examination Zone



Recommended Breast Examination Pattern

**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

# ACP

AMERICAN COLLEGE OF PHYSICIANS  
INTERNAL MEDICINE | *Doctors for Adults*

**Breast Examination**

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- 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**

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- 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.

*If node is palpable, document:*

- ❖ Texture-soft, rubbery, hard
- ❖ Mobility
- ❖ Tenderness
- ❖ Location
- ❖ Size, in centimeters

**Breast Palpation**

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- 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