INTRODUCTION

Breast is the symbol of feminity. It is the accessory reproductive glands which made up of mainly of lobes which produces milk, tiny ducts which carry milks from the lobules to the nipple & stroma, which contain fatty tissue & connective tissue surrounding the ducts & lobules as well as blood vessels & lymphatic vessels. It plays the important role in women reproduction. Due to the several factors the abnormal cell growth may occur which leads to malignancy known as breast cancer.

Breast cancer is the malignant tumor that occurs in the cells of breast. Malignant tumor is a group of cancer cell that grow into surrounding tissues or spread to a distance area of the body that occur in the women mostly. The cause of breast cancer is unknown. The risk factor of breast cancer is age over 40. the increase in the age increase the risk of breast cancer, family history, early menarche, late menopause, obesity, alcohol & exposure to the radiations, etc. will be risk factors of breast cancer.

Clinical feature are ominous & usually reflects the advanced disease. To sum up of clinical features of breast cancer are lumps which are usually non – tender, irregular, immovable, presents of skin or nipple retraction, nipple discharge, pseudo orange appearance of the skin, etc.

Screening of breast cancer is an important aspect in the reduction of mortality. Breast cancer is usually asymptomatic in early stage. Screening can help the detection of breast cancer in early stage. Survival rate is 85% when it identified and taken necessary step in treatment. Screening and diagnostic methods includes breast self-examination certainly by the age of 20 years. Clinical breast examination, mammography, ultrasonography, MRI, PET, breast biopsy, fine needle aspiration, etc. can be useful for the investigation of breast cancer. Among all breast self-examination is an invasive, inexpensive method done by the women itself to identify any abnormal changes in her breast.

A breast self-examination (BSE) is a technique which allows an individual to examine his/her breast tissue for any physical or visual changes. It is often used as an early detection method for breast cancer.
American Cancer Society has chosen to advise women that BSE is an “optional” screening tool. Breastcancer.org still believes that BSE is a useful and essential screening strategy, especially when used in combination with regular physical exams by a doctor and mammography. About 20% of the breast cancers are found by physical examination rather than by mammography. It recommends that all women routinely perform breast self-exams as part of their overall breast cancer screening strategy.

The best time to do a monthly self-breast exam is about 3 to 5 days after your period starts. If woman is pregnant, if woman have gone through menopause, no longer have periods or your period is irregular, then she has to choose a specific day each month. For women taking contraceptives the first day of a new package may be a helpful reminder. Most women have some lumps or lumpy areas in their breasts all the time. Only 20% of women who have a suspicious lump biopsied turn out to have breast cancer.

The management of the breast cancer is both complex & controversial. Treatments options are changes & influenced by the new & better surgical techniques. New cytotoxic drug combination along with radiation therapy treatments modalities are changing.