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Understanding Women's Breast Health?

By Monica Washington

Cancer of a woman's breast has the negative distinction of being the highest incident rate of cancer amongst women. Therefore, it is imperative that women's breast health incorporate the following components to reduce the risk or early detection of breast cancer. Those important components include regular mammograms, breast exams by a professional and breast exams conducted by the woman herself.

Mammograms

An important part of the women's breast health strategy that can aid in the possible early detection of breast cancer is mammograms. Mammograms are soft tissue examinations that are performed using x-ray technology. Through mammography, films are taken of the breasts and examined by radiologists for any abnormalities. If no abnormalities are found in the exam it is labeled as negative which means that there were no abnormal findings.

Women's breast health care suggests that women, who are between the ages of 20 and 39, should receive a mammogram every three years. Those women who are 40 years of age or older should have an annual mammogram conducted.

Professional Breast Exams

In addition to having regularly scheduled mammograms, as part of the women's breast health care plan, women should have their breasts examined by their doctor on a regular basis. The doctor will simply conduct a physical exam of the breasts with the purpose being to detect any possible abnormal growths within the glands.

Professional breast exams should be conducted by a physician once every three years. This recommended length of time is part of the women's breast health strategy for women who are from the ages of 20 to 39. Those women who are 40 years old and over should have this type of exam conducted yearly.

Self-Examination

Probably the most important exam conducted as part of the women's breast health program is self exams. This type of exam puts the responsibility squarely upon the woman's shoulders and makes her accountable for the health of her breasts.

There are many techniques that can be performed as part of the self examination of the breast. As part of your learning curve, it would be appropriate to talk with your personal physician and learn about self examination. Critical information, in women's breast health, is knowing the different feel between possible growths and the feel of normal breast tissue.

One of the easiest methods of breast examination is by simply looking at your breasts. While standing in front of a mirror, with the upper part of your body exposed, clasp both of your hands behind your head. Women's breast health will visually looking for any changes in the shape or dimensions of the breasts. In addition, the self examining woman should check for any indentations of the skin or inverted nipples. Another indication to watch out for is any crusting or rashes of the breast and/or nipples.

One other self exam that can be conducted as part of a women's breast health effort is the actual feeling of the breasts. Two specific methods that can be utilized are the circular method and the grid method.

The circular method utilizes the hand that is opposite of the breast that is to be examined. The starting point for this exam is at the very top of the breast being examined. Using the first three fingers of your hand press gently and begin to move the fingers in a circular motion around your breast. This process should examine the entire top half of the breast and work towards the nipple. Using this technique all portions of the breast should be examined. The second breast should be examined in the same manner.

The technique of the grid method, as part of the women's breast health examination, has its starting point near the breast bone. Utilizing your fingertips examine the entire area of the breast by moving the fingers from the top part of the breast downward. The exam will be completed once the entire breast has been examined using this method.

Additional Instructions

There are certain times of the month that breast examinations should not be conducted. Those times are two to three days following your menstruation cycle. Other areas of examination, as part of the women's breast health care, should include the upper portion of your breast near the armpit. In addition, it is important to feel the armpit area as well to detect any swelling of the lymph nodes.

One additional area to check for lymph node swelling is the area situated just above the collarbone or clavicle. If you detect any abnormalities or areas of concern it is important that you see your attending physician immediately.

Monica Washington is an online researcher based out of Los Angeles, California. For free tips and resources covering Women's Breast Health, please visit:

<http://www.resourceforwomenshealth.info/WomensHealthCareSpecialist.html>

A Few Tried And Tested Breast Enlargement Methods

By Sandis Jackson

The government of Thailand is supporting the breast enlargement method through breast massage. One of the advantages it gives is that aside from breast enhancement, by regularly giving your breast massage is that women also have the opportunity to check if they have any lumps in their bust line area. By massaging the breast, women from all walks of life have the chance for breast enlargement method, and chance to check any fibrous growth somewhere in that area.

There are even talks, that wearing bra's for long period of time is not good, because it restricts the breast from relaxing. That's where breast massage comes in; it's a good breast enlargement method. In fact breast massage is advisable for women who have undergone breast surgery. Simply because, it helps stimulate healing, and tissue regeneration. Sometimes, it helps even the size of the breast, because other women have one breast that is slightly larger than the other. Definitely, massaging would help the breast enlargement method.

Breast massage is actually the natural way of having, breast enlargement method. Women in Asia are actually going to parlors, for their breast massage on a regular basis as a breast enlargement method. And breast massaging is actually a post operative therapy for other women who had undergone breast surgery, not only is it good health wise, but it also help in the breast enlargement method for the conscious ones.

When done regularly, breast massage helps in promoting good healthy breast, and helps the breast enlargement method. Not only does it help drain away toxins, it also help the breast become full, and women could feel the difference in term of the breast tone, firmness and pliability. In fact others claimed that having a moderate massaging of the breast can help prevent cancer. And help in the breast enlargement method too.

Other women who are doing the breast massage on a regular basis, or as part of their daily beauty regimen, for breast enlargement method, are actually using beauty creams and serums, to further help promote healthy breast. Some are using creams with botanicals extract to help them relax, and enjoy the experience of breast enlargement method. And there are some really good herbal mixtures that can help in promoting breast tone, and firmness, and that also helps in the breast enlargement method. By doing the breast massage it helps women have a more beautiful bust line, it promotes relaxation, and it helps one release stress while enjoying the breast massage, and also having a breast enlargement method in the process

Other women claimed that by having breast massage, aside from it being a breast enlargement method can actually help prevent cancer and also help drain stored toxins in the body. It also helps break down scar tissue, for those women who have under gone breast surgery. The breast enlargement method is really good for other women who are conscious of their beauty.

In order to have a more enjoyable breast massage for breast enlargement method, one should choose a good cream to use, there is the herbal kind if that is your preference, for the breast enlargement method. It helps one to be more relaxed, thereby enjoying the experience. And it also helps the general appearance of the breast, minimizing sagging and droopiness that other women seem to abhor. Therefore doing the breast massage can help boost the moral of women.

Breast enlargement method is really possible even by just massaging the breast. One can even do it in the privacy of one's home. No need to go to some fancy place, as long as one has the creams to use, when massaging it should be done in a gentle back and forth counterclockwise motion, which is good for the breast enlargement method. And it's best to do it on a daily basis, especially after shower when one is still moist from the shower. One can then apply the cream start massaging, which is good for the breast enlargement method too. And one can even do it several times a day, when it is most convenient.

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