

# Autoexamen de mama



## Paso 1:

Ubícate frente a un espejo, con los brazos hacia abajo revisa si tus mamas tienen alguna anomalía como: pezón hundido, de otro color o desviado.



## Paso 2:

Ubica ambas manos en las caderas e inclínate hacia delante y revisa si surge alguna de las anomalías mencionadas.



## Paso 3:

Busca nuevamente si aparecen cambios al subir ambos brazos por encima del cuello.



## Paso 4:

Utilizando tus 3 dedos del medio de tu mano vas a empezar a palpar el seno, teniendo una mano detrás de la cabeza. Empieza desde la axila bajando hacia el pezón y así sucesivamente hasta que cubras todo el seno.



## Paso 5:

Termina la exploración apretando suavemente el pezón para ver

# Autoexamen Del Seno

**Yicheng Fang**



## Autoexamen Del Seno:

**Griffith's Instructions for Patients E-Book** Stephen W. Moore,2010-08-02 With over 430 patient instruction fact sheets and an additional 123 patient instruction sheets online the new edition of Griffith s Instructions for Patients by Stephen W Moore MD helps patients understand what their illness is how it will affect their regular routine what self care is required and when to call a doctor Consistently formatted and organized by topic for easy use it provides descriptions of each illness including frequent signs and symptoms possible causes risks preventive measures expected outcomes possible complications and treatments Newly added topics include Chronic Pain Syndrome Dry Eye Syndrome Incontinence Fecal Influenza H1N1 Methicillin Resistant Staphylococcus Aureus MRSA Mold Allergy Patellofemoral Pain Syndrome Perimenopause Sarcopenia Spinal Stenosis and Stroke Silent Printable instruction sheets in English and Spanish 23 separate patient information guides to various types of diets from Adult Regular Healthy Diet to Weight Reduction Diet are downloadable at expertconsult com Quickly find what you need with consistently formatted guides organized by topic for easy use Help your patients understand what their illness is how it will affect their regular routine what self care is required and when to call a doctor thanks to over 430 patient education guides and an additional 123 guides online reflecting the latest therapeutic information Ensure the best patient encounters and outcomes with downloadable customizable English and Spanish patient education guides on expertconsult com Educate your patients about timely topics such as Chronic Pain Syndrome Dry Eye Syndrome Incontinence Fecal Influenza H1N1 Methicillin Resistant Staphylococcus Aureus MRSA Mold Allergy Patellofemoral Pain Syndrome Perimenopause Sarcopenia Spinal Stenosis and Stroke Silent **Breast Cancer** ,1981 **Lo que usted debe saber sobre los exámenes de los senos** ,1992 **Boletín - Asociación Médica de Puerto Rico** Asociación Médica de Puerto Rico, San Juan,1991 **La Voz** ,1981 NIH Publications List National Institutes of Health (U.S.). Editorial Operations Branch,1983 *Breast Cancer--a Measure of Progress in Public Understanding* Opinion Research Corporation (U.S.),1980 **Border Health** ,1989 *Encuesta Demográfica y de Salud Materna e Infantil: Informe de la Region Insular* ,2000 **Republica del Ecuador** ,2001 **Encuesta demográfica y de salud materna e infantil** ,2000 Encuesta demográfica y de salud materna e infantil: Informe de la Amazonía ,2000 Encuesta demográfica y de salud materna e infantil: Informe de la provincia de Pichincha ,2000 *Encuesta Demográfica y de Salud Materna e Infantil: Informe de la provincia de Imbabura* ,2000 **Encuesta Demográfica y de Salud Materna e Infantil: Informe de la provincia de Los Rios** ,2000 *Encuesta Demográfica y de Salud Materna e Infantil: Informe de la provincia del Tungurahua* ,2000 Encuesta Demográfica y de Salud Materna e Infantil: Informe de la provincia de Azuay ,2000 **Latina** ,2005-08 **Health Social Movements in a Transnational Context** Lori B. Baralt,2009 **DTM** ,2004

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