

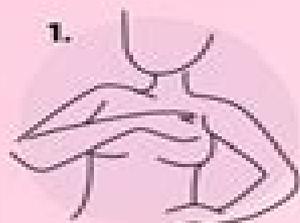
1 día
más vida

CÁNCER DE MAMA

¿Cómo realizar el autoexamen?

Cuidate

El autoexamen debe realizarse una vez al mes, luego de una semana del inicio del periodo. Las mujeres en menopausia deben optar por un día del mes.



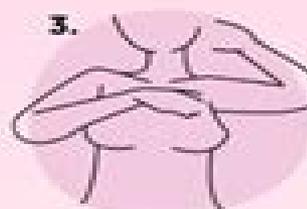
1. Observate en el espejo

Colocate frente a un espejo con las manos en la cadera. Mirá tus senos y verificá si hay cambios en el color de piel y la posición de los pezones. También descartá cualquier malformación y alteración a la vista



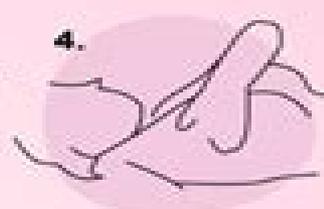
2. Identificá la forma de tu senos

Para confirmar la forma de las mamas, poné las manos detrás de la cabeza y empujá los senos hacia adelante. Así podrás reconocer si el contorno de las mamas tiene anomalías, como bultos o tumores



3. Explorá la mama y las axilas

Levantá los brazos por encima de la cabeza. Realizá movimientos circulares con los tres dedos del medio desde el pezón hasta la axila y constatá la presencia de hoyuelos, protuberancias o puntos dolorosos



4. Examináte recostada o en la ducha

Cuando estás acostada, el tejido mamario se esparce y resulta más fácil de palpar. De igual manera, durante la ducha, tus dedos enjabonados se deslizan más suavemente, lo que favorece el autoexamen



5. Presioná suavemente el pezón

Al ejercer presión sobre el pezón, determiná si brota sangre o líquidos (amarillentos, lechosos o transparentes). Si es así, esto puede ser signo de un tumor en el seno

Repíte los mismos pasos con el otro seno



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Autoexamen Del Seno

Sabine Zange



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