

# MammaCare Method of Clinical Breast Examination

- **Fingers**

Use **middle three** fingers  
Use **distal pads** (not tips)

- **Pattern**

**Vertical grid** (rather than wedge or circular)  
**Rotate three** fingers in dime-sized circle

- **Pressure**

Use **three levels of pressure**:  
Superficial, Moderate, Deep

- **Positions**

**Sitting:**

- **Observe** for symmetry and dimpling in four positions
  - Hands at side
  - Hands pressed on hips
  - Hands over head
  - Leaning forward
- **Palpate** axillary lymph nodes
  - Patient arm supported

**Supine:**

- **Palpate** entire breast
  - Patient arm above head

**Oblique:**

- **Palpate** upper outer quadrant of breast
  - Patient Arm across forehead

- **Search Time**

5 minutes

- **Expected Sensitivity:** 3-5mm mass

- **Remember 15% of breast cancers which can be palpated do not show up on mammograms.**



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