TRIPLE ABC TECHNIQUE IN CLINICAL ASSESSMENT IN BREAST CANCER DIAGNOSIS

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INTRODUCTION:

- Triple assessment is the standard assessment in breast cancer diagnosis.
- Clinical, Radiological & Pathological examination is the standard practice.
- Clinical examination remains cornerstone of diagnosis around the world.
- As it is cost effective in contrast to Radiological & Pathological examination.
Can be applied anywhere anytime.

Unfortunately there is no standardization of the clinical assessment.

In this paper we have devised a standard method called **triple ABC method** for clinical assessment.
An innovative triple ABC technique for clinical breast examination for breast disorder

• Three sets of ABCs are used.

First ABC stand for

• Axila
• Breast
• Cervical

Area on non affected side
Second ABC stand for affected side

- Axilla
Breast
Cervical area
Third ABC stand for

- Abdomen
- Bone and brain
- Chest
Each ABC is further given five points of importance

**Axilla 5-Points**

1) Anterior
2) Posterior
3) Central
4) Apical
5) Lateral
Breast 5-Points

1) Central (nipple areola complex)
2) Upper medial
3) Upper lateral
4) Lower medial
5) Lower lateral
Cervical area 5-Points

1) Level I
2) Level II
3) Level III
4) Level IV
5) Level V
Third ABC
Abdomen 5-Points

1) Lump (krukenberg)  2) Liver
3) Umbilicus

- Sister Mary Joseph nodule

4) Shifting dullness
• 5) Digital rectal examination
Bone 5-Points

1) Vertebrae
2) Ribs and sternum
3) Proximal femur
4) Proximal humerus
5) Skull and brain
Chest 5-Points

1) Effusion
2) Collapse
3) Consolidation
4) Intercostal fullness
5) Ribs
CONCLUSION:

- For easy recall, each ABC are given five points of specific examination.
- Can be remembered as $A^5$, $B^5$, $C^5$
- This can be learned by beginners, experts, paramedics in centre where radiological and pathological assessment is not available.
- This is also cost effective.
- Practicing this method in peripheral institution will help in early detection and early referral to advance centre for reducing morbidity and mortality.
REFERENCES:
Thank You