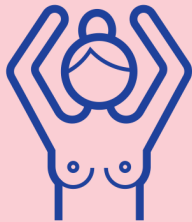


How should I check my breasts?

Being familiar with your breasts will make it easier for you to detect any changes. The prognosis is always best if breast cancer is detected early. Below are three simple steps to follow when checking your breasts.



1. Look at your breasts in the mirror

- Raise your arms over your head. Look to see if anything seems different from normal.
- Do your breasts have their usual shape and outline?
- Are there any bumpy areas on the skin? Is your skin the same colour as usual?
- Is there anything different about your nipples? Do your nipples pull up when you raise your arms?

Feel in the shower.

You may find it easier to identify lumps or bumpy areas when your breasts are soapy.



2. Feel your breasts

- Place your left hand behind your head.
- Feel your left breast and armpit with your right hand and vice versa on the other side.
- Keep your fingers straight and press lightly. Make several small circles with your fingers around the breast.
- Start at the nipple, and move your fingers outwards a couple of centimetres at a time.
- Keep going in circles like this until you have covered the whole breast. Feel your armpit last.
- Then do the same again for the other breast.



3. Lie down and feel

- Lie down on your back. Place your left hand under your head.
- Feel your left breast and armpit with your right hand.
- How does your breast feel? Are there any lumps or bits that feel hard?
- Is your breast the same size? Does it feel like it usually does?



CANCERFONDEN