

Early detection saves lives. How to examine your breasts.



1.

Have the breasts changed?

Stand in front of a mirror and place your hands behind your neck to check the shape.



2.

Three fingers

Use three fingertips and feel the breast with the opposite hand in small circular movements.



3.

Three places - the breasts

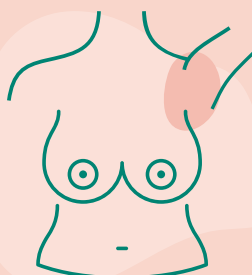
Start from the outside of the breast and work towards the nipple. Feel both breasts for lumps or other induration.



4.

Three places - the nipples

Feel the nipples, do they look normal? Squeeze gently, does liquid come out?



5.

Three places - the armpit

Continue to examine the armpit. Feel both armpits for lumps or other induration.



6.

Three minutes can make a difference

Do your self-examination once a month, in the shower or at bedtime.

If you notice a lump in your breast, contact a health care center.



Get to know your breasts on msd.se/bröstkollen

Instructions for breast self-examination are available in several languages.