

Self-examination instructions

Examine carefully

Stand in front of the mirror, arms by your side. Can you detect any changes of the breast's size or shape?
Does the skin look any different than it usually does?

Pay attention to changes

Lift your arms up: Are the breasts lifting as well? Look at yourself from the front and the side: Has your breast changed its shape? Do you notice any other changes – even when comparing both breasts to each other?
Press the nipples: Is there any discharge?

Scan your breasts systematically

Using a circular motion, about the size of a quarter each time, check your breasts using your right hand to feel your left breast and then your left hand to feel your right breast: Do you notice any lumps or especially sensitive areas? Repeat this process lying down, your arms by your side. Begin by feeling your armpit, first with your arms by your side and then with your arms raised: Do you notice any changes or swelling?

The best time to examine your breasts is one week after your menstrual cycle has begun. If you are postmenopausal, always choose the same day of the month.

Clarify any changes

Please consult your gynecologist or physician and speak to him/her about your findings.

