

## SELF-EXAMINATION CARD

We did this self-examination card just for you! It contains instructions for breast self-examination. Please keep the card in a visible place where it will remind you to check your breasts regularly. It is recommended that you check your breasts once a month.

### Why self-examination?

Breast cancer is most common cancer in Finland. Anyone can get breast cancer, but it is more common in women. One in every eight women is diagnosed with breast cancer at some stage of their lives. However, breast cancer prognosis is improved with an early diagnosis. When you examine your breasts regularly you get to know your own lumps and bumps and this makes it easier to notice any possible changes.

### How to do it?

Checking your breasts means examining them both visually and manually. You will find more information on the other side of this card. Examine your breasts once a month. If you are menstruating it is advisable to examine your breasts immediately after your period. Keep a diary entry of your observations. There will be changes in your breasts with age and at different times of the month. Not all changes are a cause for alarm. If you should find any abnormal changes, please contact a public health nurse or a doctor.

This card has been published in different languages in collaboration with Monika-Naiset liitto ry.



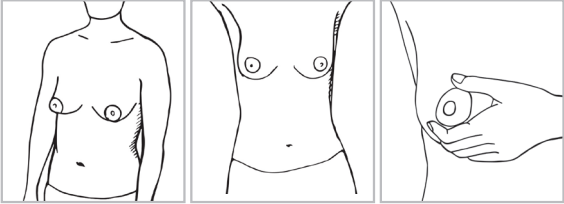
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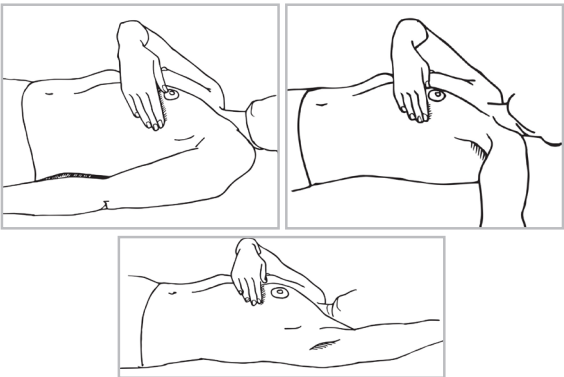
## How to examine your breasts visually

Look at your breasts in a mirror with your arms at your sides and then with your arms high over your head. First from the front and then at both sides. As well as this, check under your breasts- Pay particular attention to the size and shape of your breasts. Look for possible changes in the skin and the nipples. Squeeze the nipples gently for possible discharge.



## How to examine your breasts manually

Check both breasts lying down. With fingers together, move the pads of your fingers around your breasts and sides. Do this in small sections so that you don't miss any areas. Repeat this three times with your arm at your side, stretched out to the side and high over your head. If you find something abnormal, palpate it gently.



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