

How to check your boobs

Self-examination is an important part of your health care. Learn with us how to examine your boobs properly.

1. Do this examination once a month.



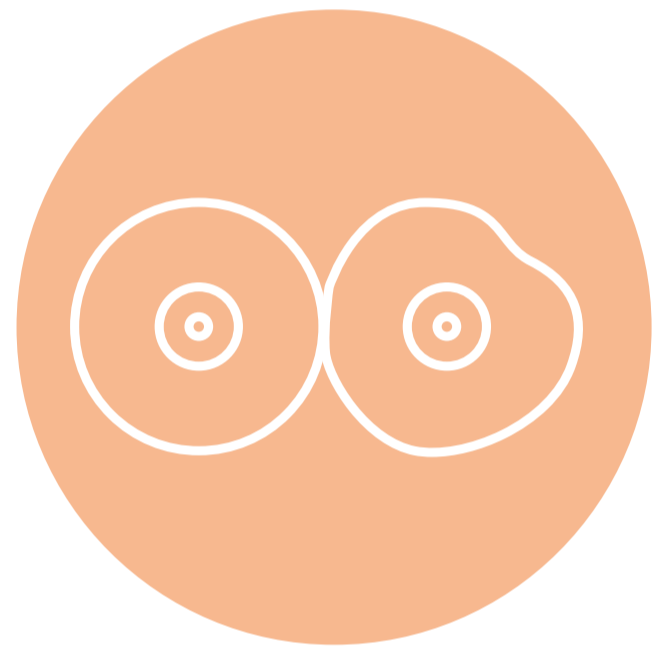
TIP: It's best to do it 3 - 5 days after your period. If you don't have periods, just choose a day that suits you best.

2. Check them in the mirror.

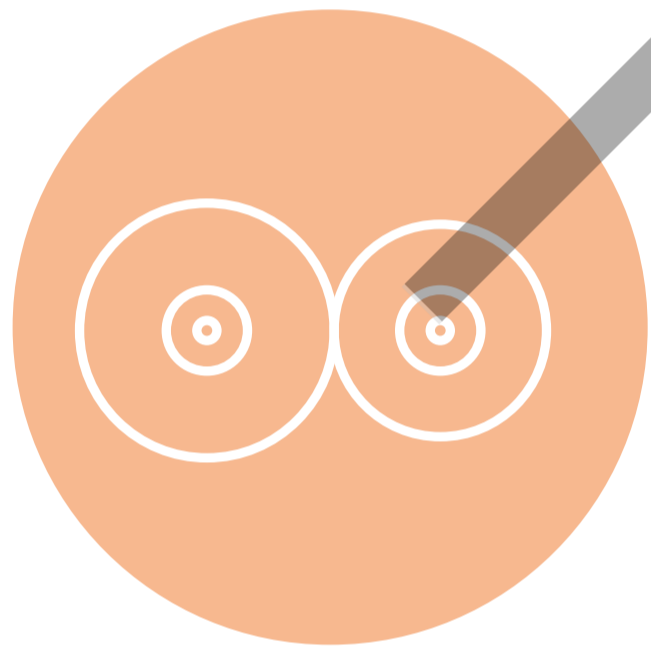


Do they look the same as usual? TIP: Raise your hands and check them again.

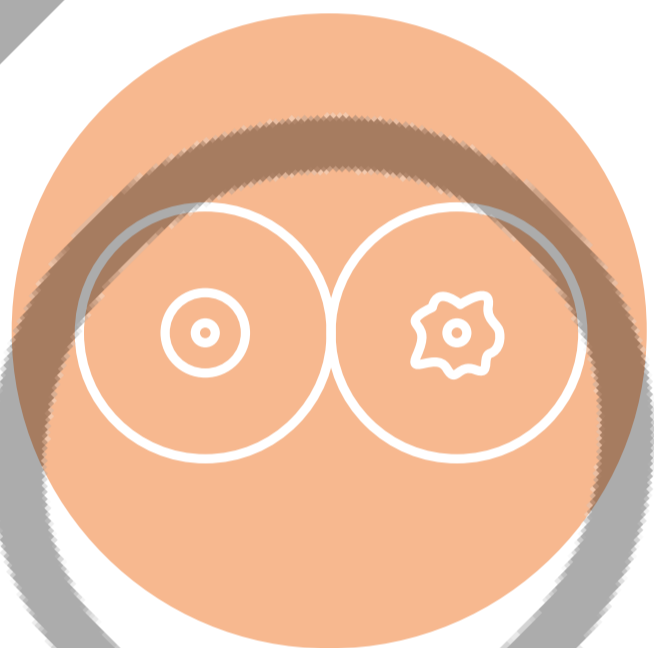
3. Try to notice:



Shape changes



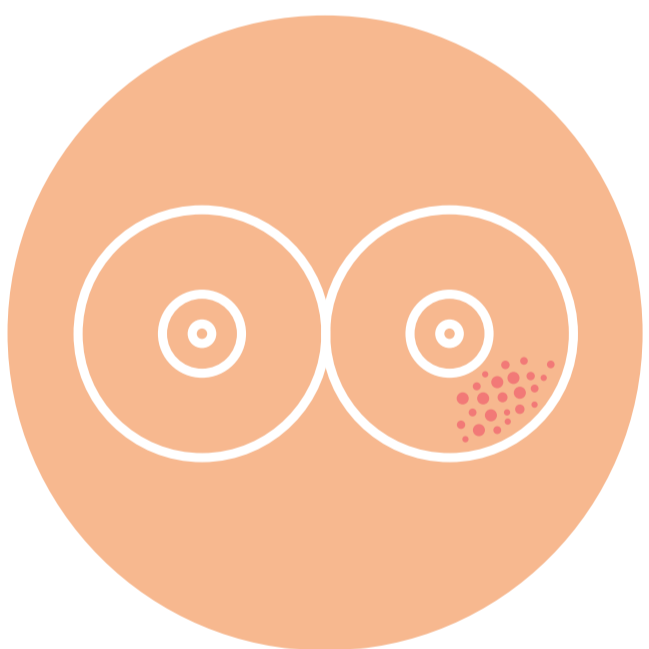
Any changes in size



Changes in a shape of your nipples



Nipple discharge



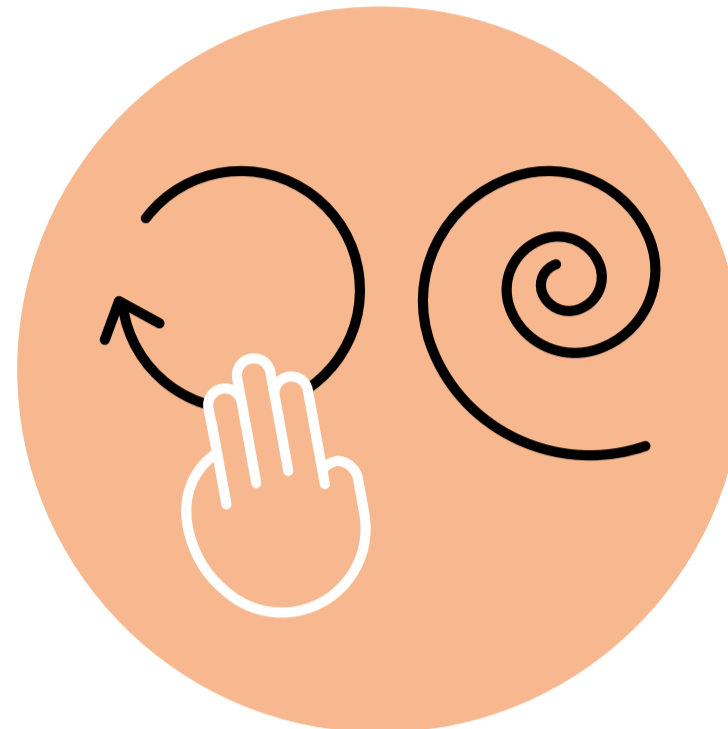
Skin changes



Careful! Even men can have breast cancer, in up to 1 % of the cases. That's why they should sometimes check their chests as well.

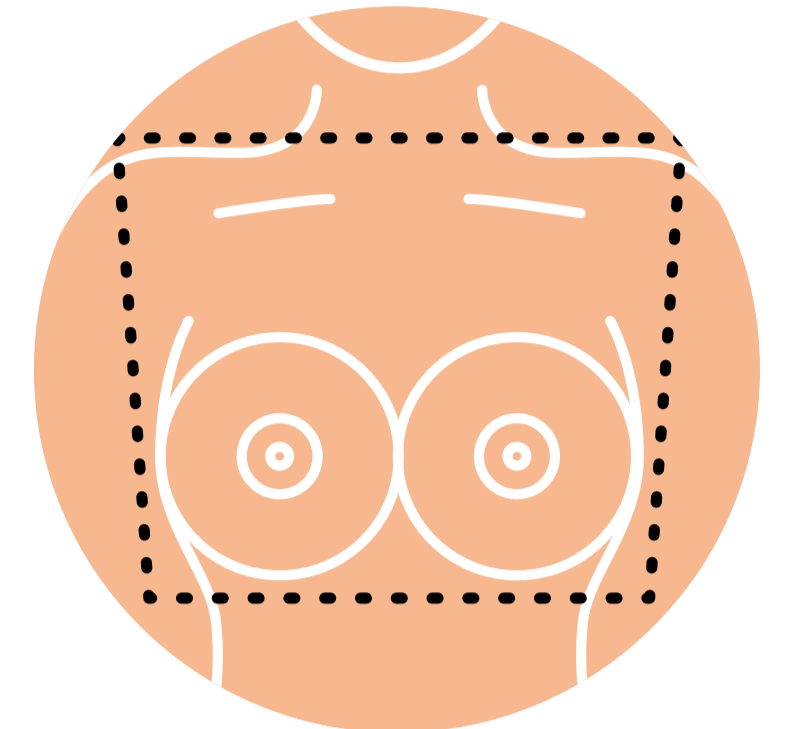
Did you know that up to 30 % of breast cancer is detected by the partner of the patient? That's why they should know how to check you as well.

4. Feel them



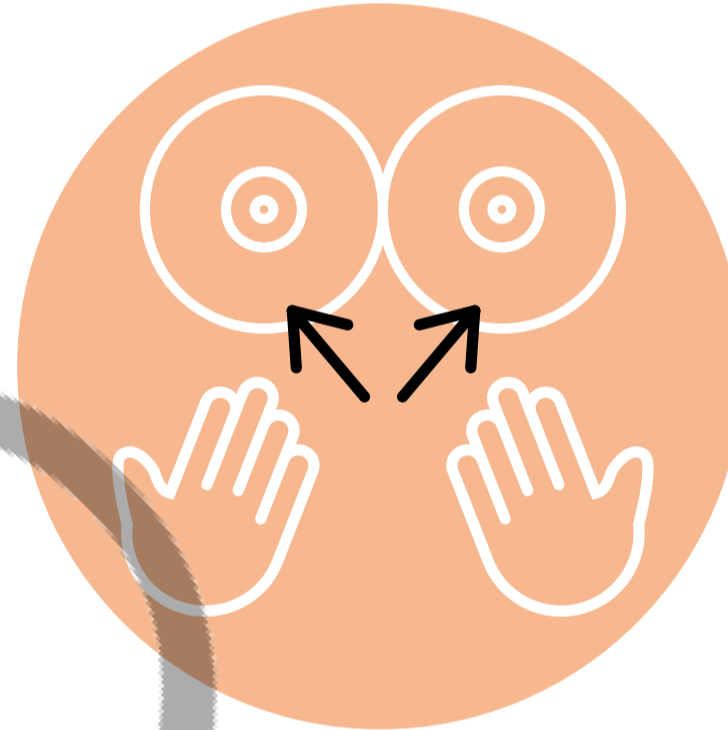
Use three fingers. Keep them together and slowly touch your boobs in a circular motion. Then add a little pressure to check deeper layers of your skin.

5. Check the entire breasts



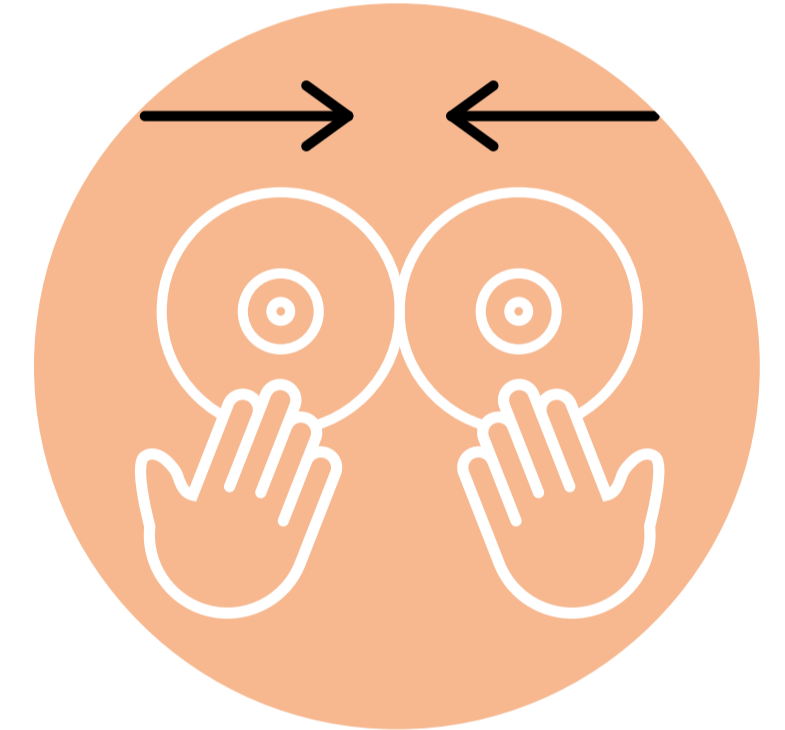
From your collarbone to the bottom of your bra. Notice any skin changes, painful spots or hard lumps - both on the surface and inside your breasts.

6. Use an opposing hand.



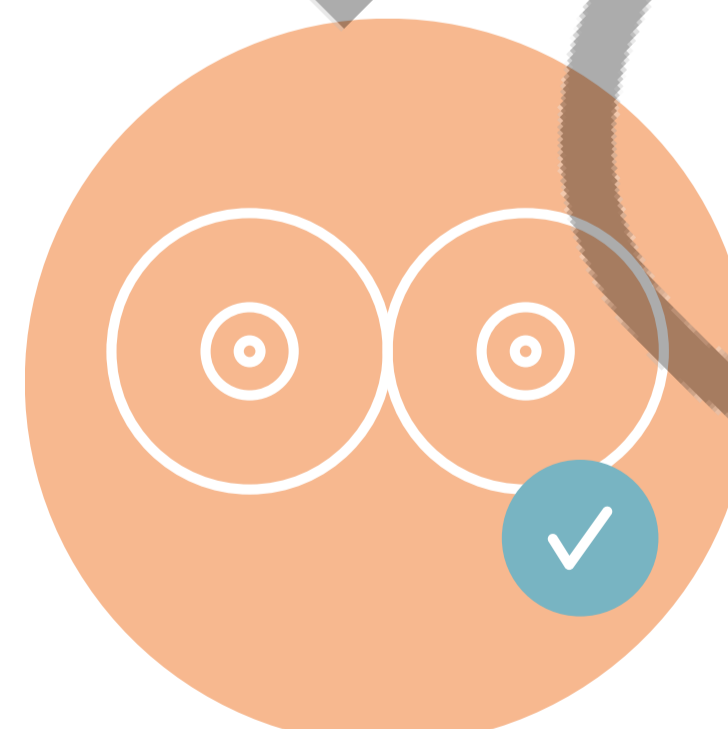
Always use your left hand to touch your right breast and your right hand to touch your left breast. If you have big boobs, check them while standing first and then do it again while lying down on both sides.

7. A sweet reward!



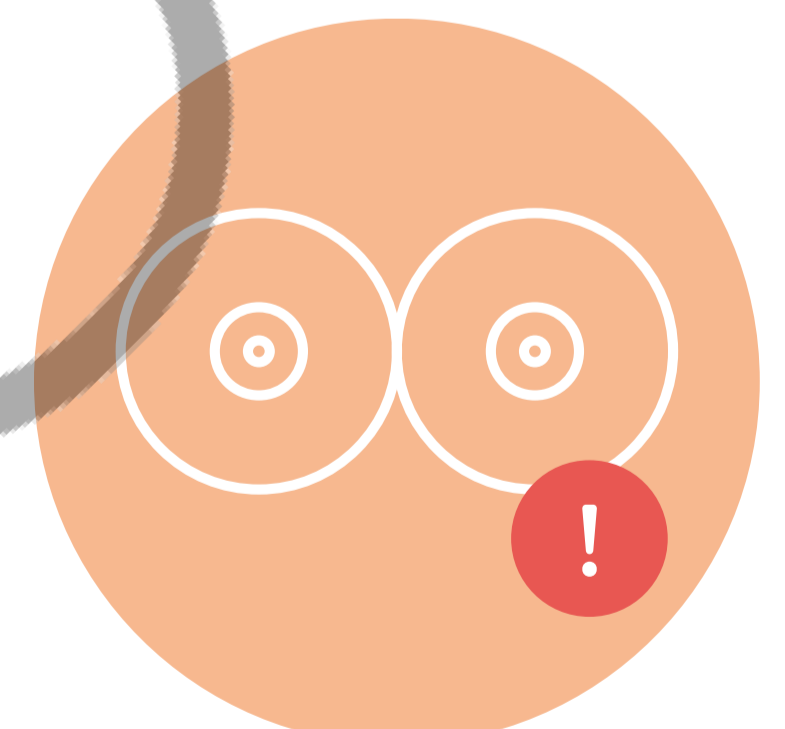
Finally, take your boobs with both hands and casually massage them to be sure you didn't forget to check anything.

8. If you didn't find anything unusual, we are happy for you!



Don't forget to check them again next month!

9. If you feel something is not okay,



don't panic and go to your gynecologist. Don't look for advice online, it's useless.

Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

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Test your knowledge at bit.ly/PreventionTest



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