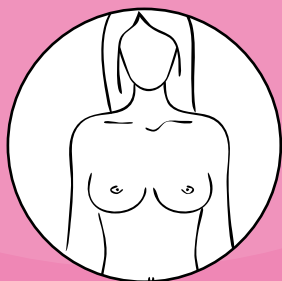


REMEMBER TO DO A SELF-EXAM

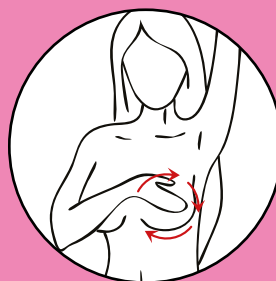
Early detection saves lives!
Self-examine your breasts regularly,
don't ignore any changes and
follow the BreastScreen Norway
mammography programme.

1



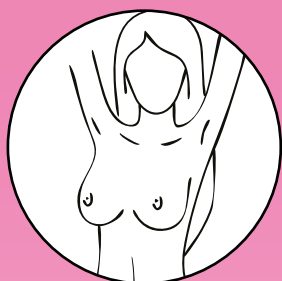
STAND UNDRESSED
FROM THE WAIST
UP IN FRONT OF A
MIRROR. LOOK FOR
CHANGES

4



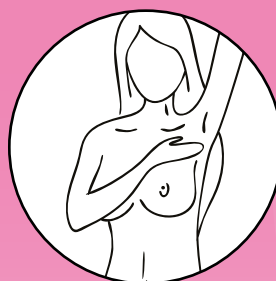
EXAMINE
EACH BREAST
CLOCKWISE,
'HOUR BY HOUR'

2



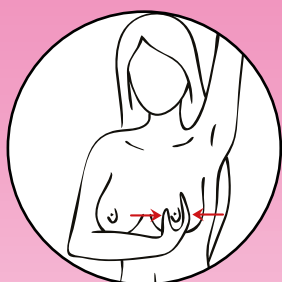
RAISE YOUR
ARMS IN THE AIR.
HAS ANYTHING
CHANGED?

5



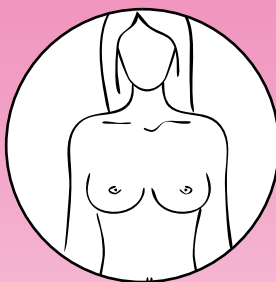
DON'T FORGET
YOUR ARMPITS

3



FEEL BOTH
BREASTS FOR
LUMPS

6



BREAST
CHANGES DO NOT
NECESSARILY
MEAN YOU
HAVE CANCER

**BE AWARE AND SHOW YOU CARE.
WEAR A REMINDER IN OCTOBER.**

Buy this year's Pink Ribbon at rosasløyfe.no



KREFTFORENINGEN
BRYSTKREFTFORENINGEN