

# Remember to do a self-exam



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.

**Self-examine your breasts regularly, don't ignore any changes and follow the BreastScreen Norway mammography programme.**



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