

Examine your breasts

The earlier breast cancer is diagnosed, the better chance of successful treatment. Check your breasts and armpits regularly and look and feel for unusual changes.

By knowing your body, you will be more likely to notice changes. It's recommended to be in front of a mirror.

In most cases symptoms are not caused by cancer but it is important to have them checked.



A lump or swelling in the breast,
upper chest or armpit



Rash, scaly skin or a wound that does not heal
around or on the nipple



Unusual discharge (liquid) from the nipple



Redness, warmth, swelling
or changes in skin color



Changes to the skin, for example
dimpling or puckering



A change in appearance of the nipple, for
example it has become inverted (pulled in)



Changes in size or shape
of the breast

If you detect these or other symptoms, contact your doctor or the Breast center (Brjóstamiðstöð) at Landspítali Hospital, tel. 543 9560 (brjostamidstod@landspitali.is).

Don't forget about cancer screening, it's important to make an appointment when you get an invitation!

Further information: krabb.is/einkennibrjost