

30 YEARS
CORIN

spring - summer 2026

FASHION

collection

BELLA II 742
BELLA 724

10742
03724

13742
41724

BELLA II 742
BELLA 724



10742
03724



BELLA II 742

FASHION
COLLECTION

EU rozmiar / size / Größe / размер

10742



sexy plus

65 EFGH
70 DEFGHIJ
75 DEFGHI
80 CDEFGH
85 CDEFG
90 CDEF
95 CDE

13742



65 CDEFG
70 BCDEF
75 ABCDE
80 ABCD
85 ABC



kolor / colour / Farbe / цвет

beżowy / beige / Beige / бежевый

MIRANDA 741



10741
03741

13741
41741

MIRANDA 741



10741
03741

MIRANDA 741



13741
02741



MIRANDA 741

FASHION COLLECTION

EU rozmiar / size / Größe / размер



10741



sexy plus

65 EFGH
70 EFGHIJ
75 CDEFGHI
80 CDEFGH
85 CDEFG
90 CDEF
95 CDE

13741



65 CDEFG
70 BCDEF
75 ABCDE
80 ABCD
85 ABC

02741



S, M, L, XL, XXL

03741



S, M, L, XL, XXL

41741



S, M, L, XL

kolor / colour / Farbe / цвет

biały / white / Weiß / белый

czarny / black / Schwarz / черный

VIVIENNE 740

LIMITED
COLLECTION



12740
03740



VIVIENNE 740

FASHION COLLECTION

LIMITED COLLECTION

EU rozmiar / size / Größe / размер

12740



sexy plus

65	EFGHI
70	DEFGHI
75	DEFGHIJ
80	CDEFGH
85	CDEFG
90	CDEF
95	CDE



02740



S, M, L, XL, XXL

03740



S, M, L, XL, XXL

kolor / colour / Farbe / цвет

ecru / ivory / Ecru / кремовый

MERYL 728



10728
03728

MERYL 728

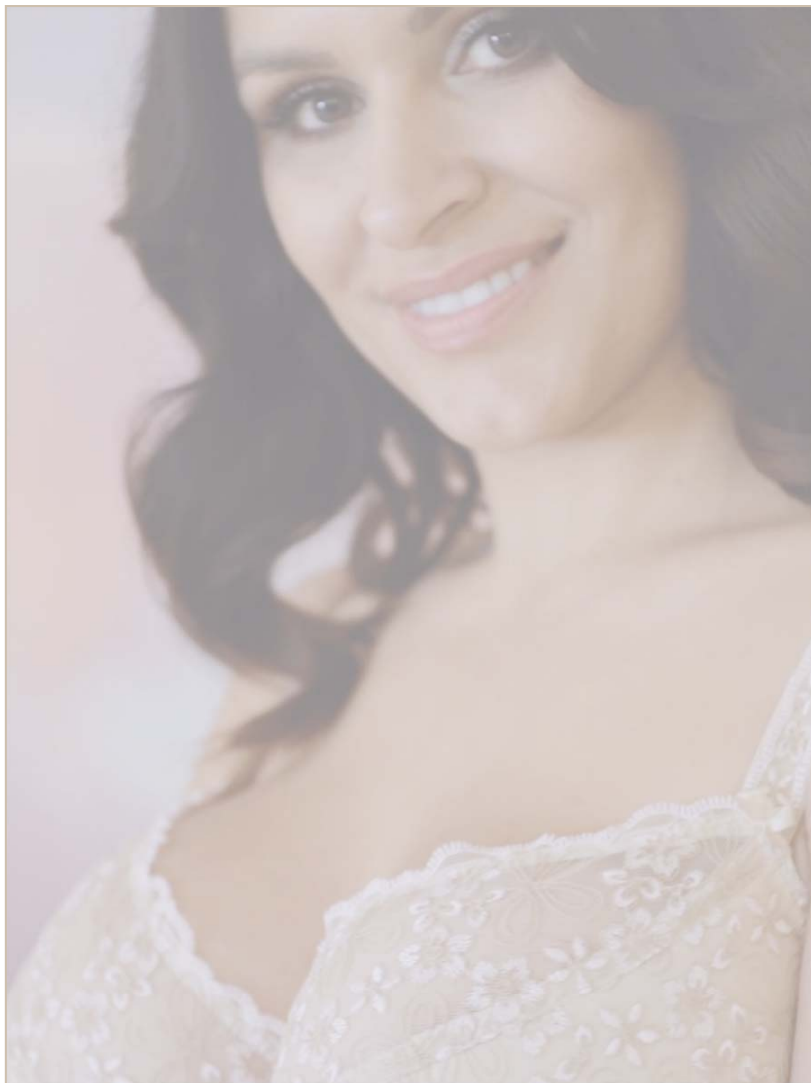


12728
03728

MERYL 728



13728
41728



MERYL 728

FASHION COLLECTION

EU rozmiar / size / Größe / размер

10728



sexy plus

65 EFGH
70 EFGH
75 CDEFGH
80 CDEFGH
85 CDEFG
90 CDEF
95 CDE

12728



sexy plus

65 EFGHI
70 DEFGHIJ
75 CDEFGHI
80 CDEFGH
85 CDEFG
90 CDEF
95 CDE

13728



65 CDEFG
70 BCDEF
75 ABCDE
80 ABCD
85 ABC



02728



S, M, L, XL, XXL

03728



S, M, L, XL, XXL

41728



S, M, L, XL

kolor / colour / Farbe / цвет

beżowo-różowy / beige-pink / Beige-Rosa / бежево-розовый

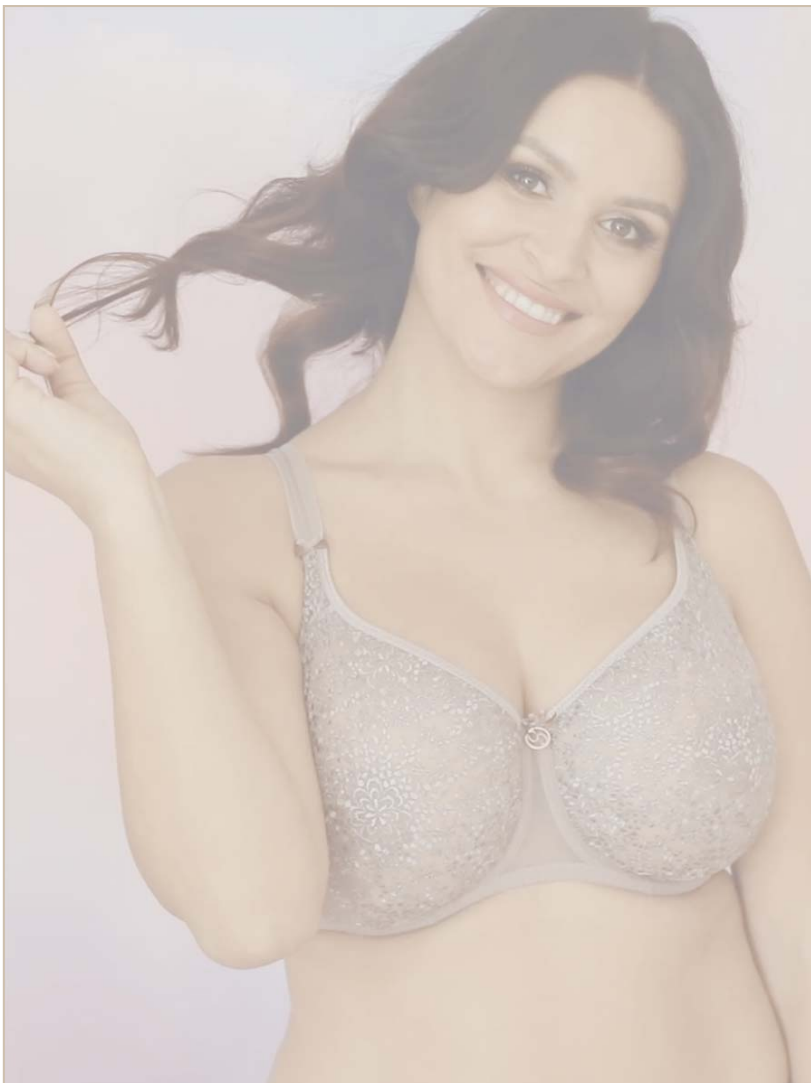
GISELE 725

comfort
of thermally
moulded
cups

komfort
termicznie
formowanych
miseczek

30725
03725

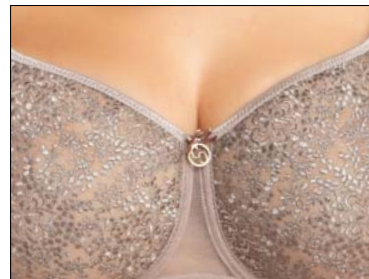




GISELE 725

FASHION COLLECTION

EU rozmiar / size / Größe / размер



30725

perfect bra

seamless soft moulded cup

65 FGHI
70 EFGHIJ
75 DEFGHI
80 CDEFGH
85 CDEFG
90 CDEF
95 CDE

sexy plus



PRODUCTS & TECHNOLOGY
INNOVATIONS

02725

LASER CUT

smooth + elegant

S, M, L, XL, XXL

03725

LASER CUT

smooth + elegant

S, M, L, XL, XXL

41725

LASER CUT

smooth + elegant

S, M, L, XL

kolor / colour / Farbe / цвет

cappuccino / cappuccino / Cappuccino / капучино

TWIGGY 723



ultra
light bra
breathable
100% comfort

17723
03723



16723
41723



TWIGGY 723

FASHION COLLECTION

EU rozmiar / size / Größe / размер



16723



65 CDEFG
70 BCDEF
75 ABCDE
80 ABCD
85 BC

02723



S, M, L, XL, XXL

17723



sexy plus

60 EFGHI
65 DEFGHI
70 CDEFGHIJ
75 BCDEFGHI
80 BCDEFGH
85 BCDEFG
90 BCDEF
95 BCDE
100 BCD

03723



S, M, L, XL, XXL

41723



S, M, L, XL

kolor / colour / Farbe / цвет

cappuccino / cappuccino / Cappuccino / капучино

VIRGINIA 871
VIRGINIA II 771

ultra
light bra
made of 3D
SPACER foam

breathable
100% comfort



17871
03771

17871
04771

VIRGINIA 871
VIRGINIA II 771

special
smooth
touch
with
soft foam

16871
41771

VIRGINIA 871
VIRGINIA II 771



16871
41771

ultra
light bra
made of 3D
SPACER foam
breathable
100% comfort



VIRGINIA 871
VIRGINIA II 771

special
smooth
touch
with
soft foam

17871
03771

16871
02771

VIRGINIA 871
VIRGINIA II 771

ultra
light bra
made of 3D
SPACER foam

breathable
100% comfort



17871
03771



VIRGINIA 871 VIRGINIA II 771

FASHION COLLECTION

EU rozmiar / size / Größe / размер



16871



65 CDEFG
70 BCDEF
75 ABCDE
80 ABCD
85 BC

17871



sexy plus

60 EFGHI
65 DEFGHI
70 CDEFGHIJ
75 BCDEFGHI
80 BCDEFGH
85 BCDEFG
90 BCDEF
95 BCDE
100 BCD

02771



S, M, L, XL, XXL

03771



S, M, L, XL, XXL

04771



S, M, L, XL, XXL

41771



S, M, L, XL

kolor / colour / Farbe / цвет

pink ribbon / pink ribbon / Pink Ribbon / pink ribbon
cappuccino / cappuccino / Cappuccino / капучино

SOPHIA 731



j - hook

ultra
light bra

made of 3D

SPACER_{foam}

breathable

100% comfort

17731
41771



SOPHIA 731

FASHION
COLLECTION



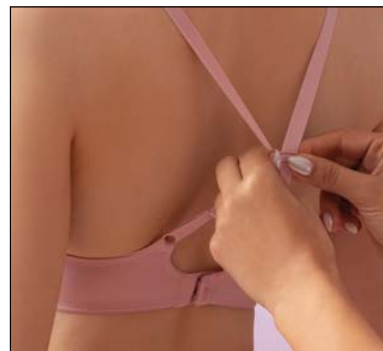
EU rozmiar / size / Größe / размер

17731



sexy plus

65	DEFGHI
70	CDEFGHIJ
75	BCDEFGHI
80	BCDEFGH
85	CDEFG
90	CDEF
95	CDE



kolor / colour / Farbe / цвет

różowy / pink / Rose / розовый

BASIC
FASHION
collection

GISELE 725



comfort
of thermally
moulded
cups

komfort
termicznie
formowanych
miseczek

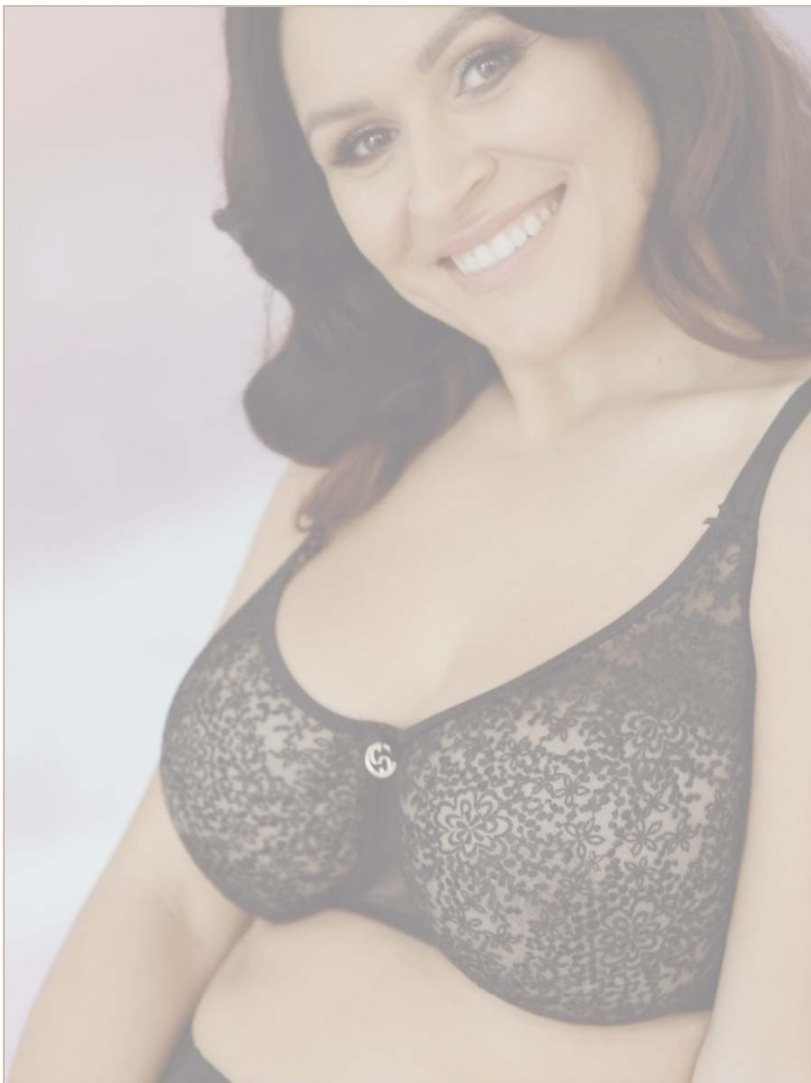
GISELE 725

comfort
of thermally
moulded
cups

komfort
termicznie
formowanych
miseczek



30725
03725



GISELE 725

BASIC FASHION COLLECTION

EU rozmiar / size / Größe / размер



30725

seamless soft moulded cup

perfect bra

sexy plus

65	FGHI
70	EFGHIJ
75	DEFGHI
80	CDEFGH
85	CDEFG
90	CDEF
95	CDE



PRODUCTS & TECHNOLOGY
INNOVATIONS

02725

seamless soft moulded cup

perfect bra

sexy plus

65 FGHI
70 EFGHIJ
75 DEFGHI
80 CDEFGH
85 CDEFG
90 CDEF
95 CDE



S, M, L, XL, XXL

03725

seamless soft moulded cup

perfect bra

sexy plus

65 FGHI
70 EFGHIJ
75 DEFGHI
80 CDEFGH
85 CDEFG
90 CDEF
95 CDE



S, M, L, XL, XXL

41725

seamless soft moulded cup

perfect bra

sexy plus

65 FGHI
70 EFGHIJ
75 DEFGHI
80 CDEFGH
85 CDEFG
90 CDEF
95 CDE



S, M, L, XL

kolor / colour / Farbe / цвет

czarny / black / Schwarz / черный
beżowy / beige / Beige / бежевый

NICOLE 737

magic
neckline
MAKER

KREATOR
magicznego
dekoltu

19737
02737

19737
03737



NICOLE 737

BASIC
FASHION
COLLECTION

EU rozmiar / size / Größe / размер



19737



sexy plus

65 EFGHIJ
70 DEFGHIJK
75 CDEFGHIJ
80 BCDEFGHI
85 BCDEFGH
90 BCDEFG
95 BCDEF
100 BCDE
105 BCD
110 BC

02737



S, M, L, XL, XXL

03737



S, M, L, XL, XXL, XXXL

41737



S, M, L, XL

kolor / colour / Farbe / цвет

czarny / black / Schwarz / черный

SWIMWEAR

collection



22404
06404

16404
02404

DALLAS 404



16404
02404

22404
06404

DALLAS 404



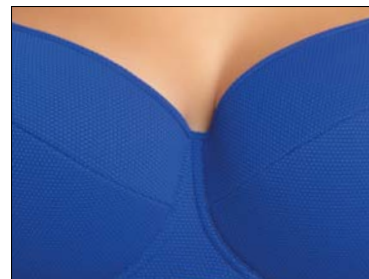
80404



DALLAS 404

SWIMWEAR COLLECTION

EU rozmiar / size / Größe / размер



16404



65 CDEF
70 BCDEF
75 ABCDE
80 BCD
85 BC

02404



S, M, L, XL, XXL

22404



sexy plus

65 EFGHIJK
70 EFGHIJKL
75 DEFGHIJK
80 DEFGHIJ
85 DEFGHI
90 DEFGH
95 DEF

06404



S, M, L, XL, XXL

80404

● black only



70 EFGH
75 DEFGH
80 DEFG
85 DEF
90 DE

kolor / colour / Farbe / цвет

kobaltowy / cobalt / Kobalt / кобальт
czarny / black / Schwarz / черный

HEBE II 300



03300



02300



03300



04300



07300



HEBE II 300

SWIMWEAR COLLECTION

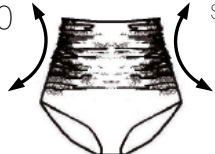
EU rozmiar / size / Größe / размер

02300  S, M, L, XL, XXL

03300  S, M, L, XL, XXL

04300  S, M, L, XL, XXL

super high waist briefs
tummy control

07300  S, M, L, XL, XXL

kolor / colour / Farbe / цвет

czarny / black / Schwarz / черный

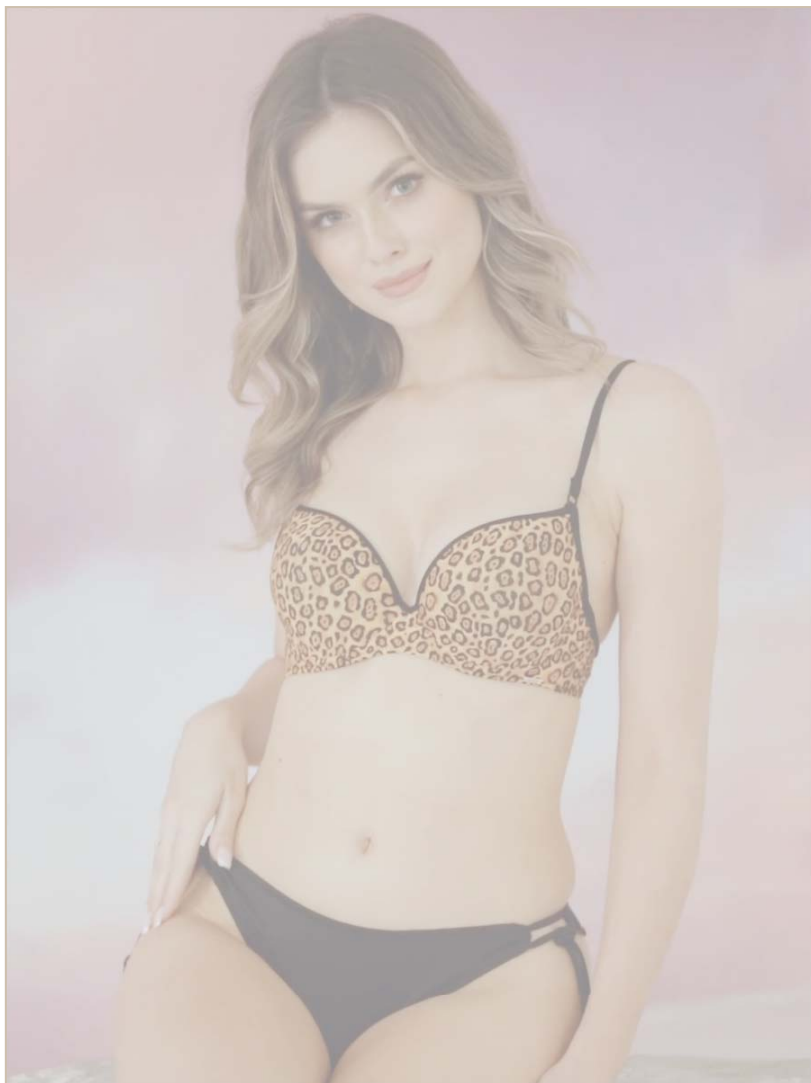
PENNSYLVANIA 418

special
smooth
touch
with
soft foam



16418
41418





PENNSYLVANIA 418

SWIMWEAR
COLLECTION

LIMITED
COLLECTION

EU rozmiar / size / Größe / размер

16418



65 CDEF
70 BCDEF
75 ABCDE
80 BCD
85 BC

41418



S, M, L, XL, XXL



special
smooth
touch
with
soft foam

kolor / colour / Farbe / цвет

czarno-pomarańczowy / black-orange / Schwarz-Orange / черный-оранжевый

JERSEY 419

multiway
and
strapless
bra



25419
02419



JERSEY 419

SWIMWEAR
COLLECTION

EU rozmiar / size / Größe / размер

25419



65	DEF
70	CDEF
75	BCDE
80	BCD
85	BC

02419



S, M, L, XL, XXL



multiway
and
strapless
bra

kolor / colour / Farbe / цвет

khaki / khaki / Khaki / хаки

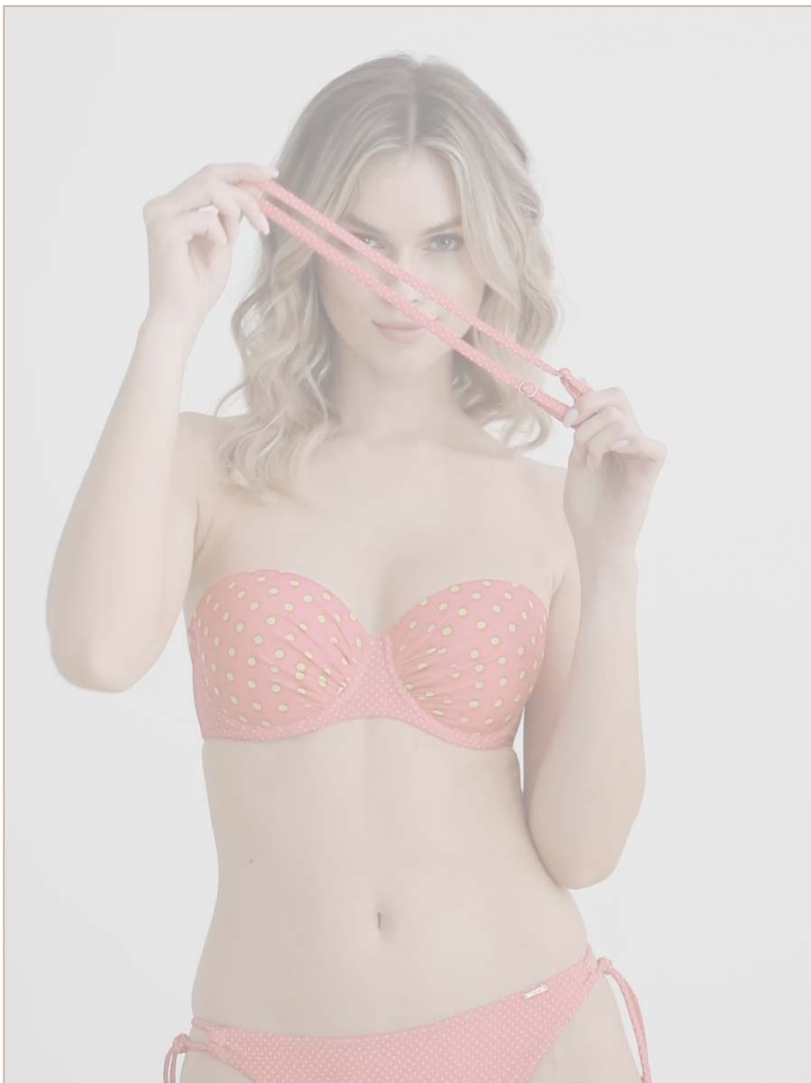
DOT 416

multiway
and
strapless
bra



25416
02416





DOT 416

SWIMWEAR
COLLECTION

LIMITED
COLLECTION

EU rozmiar / size / Größe / размер

25416

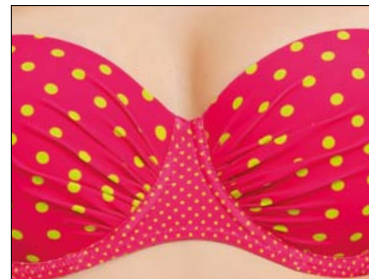


65 DEF
70 CDEF
75 BCDE
80 BCD
85 BC

02416



S, M, L, XL, XXL



multiway
and
strapless
bra

kolor / colour / Farbe / цвет

różowy / pink / Rosa / розовый

CLASSIC

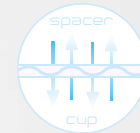
collection



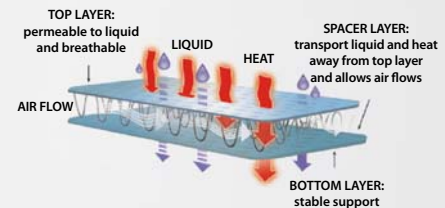
VIRGINIA 871

feels like a second skin

CUP B-J



ULTRA LIGHT BRA
MADE OF 3D SPACER FOAM



BREATHABLE 100% COMFORT



17871
03771

17871
02771

VIRGINIA 871

feels like a second skin

cup B - J

ultra
light bra

made of 3D
SPACER foam

breathable
100% comfort

● black ○ white ● beige

17871
03771

17871
04771



cotton rich
super
full cup
bra

22871
06871



22871
06770

VIRGINIA 871



20871
03771

MUM'S
best choice





special
smooth
touch
with
soft foam

16871
02771



16871
41771

VIRGINIA 871

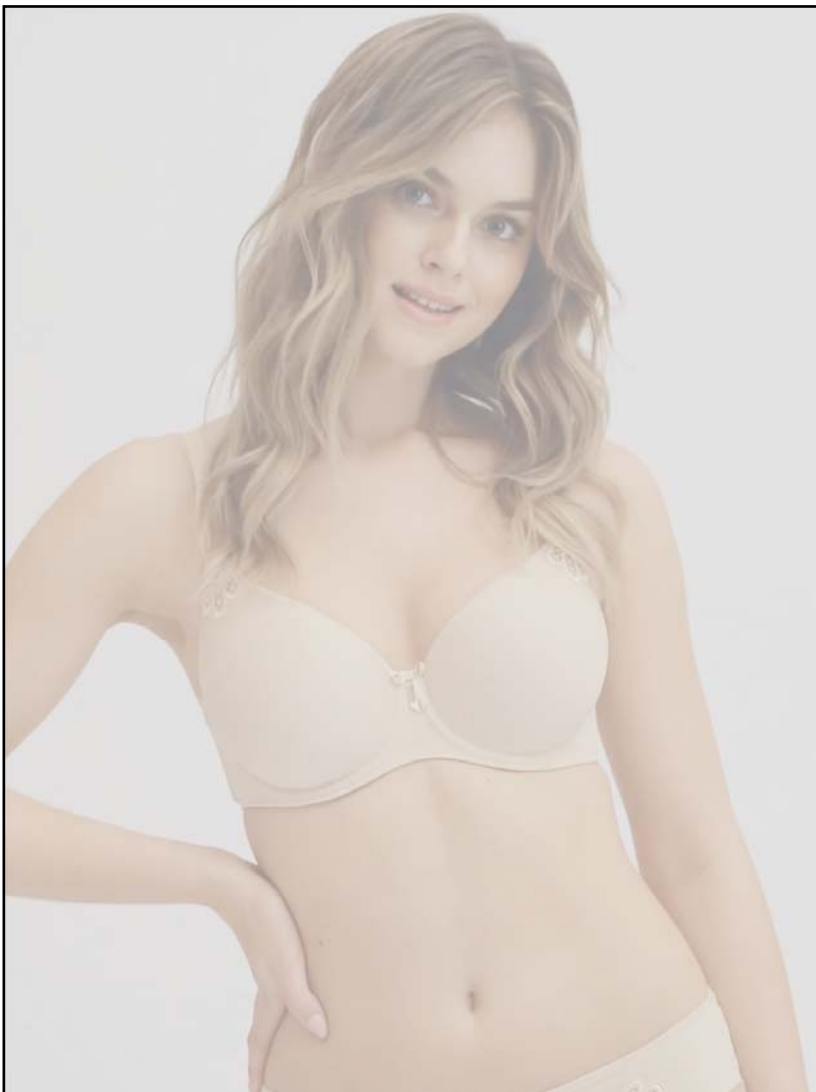


multiway
and
strapless
bra



25871
06871

25871
41771



VIRGINIA 871

CLASSIC COLLECTION

rozmiar EU / size / Größe / размер

16871



65 CDEFG
70 BCDEF
75 ABCDE
80 ABCD
85 BC

● black
● skin **only**

22871



65 EFGHIJK
70 DEFGHIJKL
75 CDEFGHIJK
80 CDEFGHIJ
85 CDEFGHI
90 CDEFGH
95 CDEFG

sexy plus

● black
● skin **only**

17871



60 EFGHI
65 DEFGHI
70 CDEFGHIJ
75 BCDEFGHI
80 BCDEFGH
85 BCDEFG
90 BCDEF
95 BCDE
100 BCD

sexy plus

25871



65 DEFG
70 CDEF
75 BCDE
80 BCD
85 BC

● black
● skin **only**

20871



65 EFGHI
70 DEFGHIJ
75 CDEFGHI
80 CDEFGH
85 CDEFG

sexy plus

● black
● skin **only**

06871



S, M, L, XL, XXL

● black
● skin **only**

kolor / colour / Farbe / цвет

beżowy / beige / Beige / бежевый

biały / white / Weiß / белый

czarny / black / Schwarz / черный

VIRGINIA II 771

fine
comfortable
laser
cut
smooth
elegant



17871
04771



02771



03771



04771



41771

VIRGINIA II 771

CLASSIC COLLECTION

rozmiar EU / size / Größe / размер

02771



S, M, L, XL, XXL

03771



S, M, L, XL, XXL

04771



S, M, L, XL, XXL

41771



S, M, L, XL

kolor / colour / Farbe / цвет

beżowy / beige / Beige / бежевый
biały / white / Weiß / белый
czarny / black / Schwarz / черный

SOPHIA 731



17731
02771

j-hook
spacer
bra



17731
02771

SOPHIA 731



j-hook
spacer
bra

17731
06871



17731
06871

SOPHIA 731



j - hook

ultra
light bra

made of 3D

SPACER foam

breathable

100% comfort

17731
41771

17731
03771

SOPHIA 731

CLASSIC COLLECTION

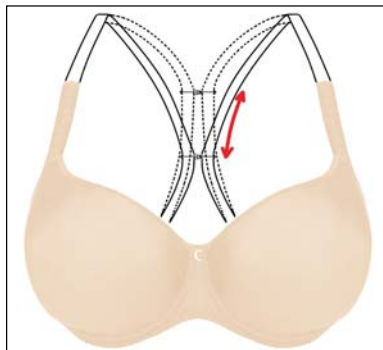
EU rozmiar / size / Größe / размер

17731



sexy plus

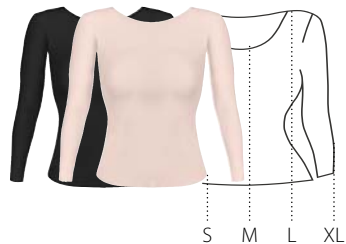
65	DEFGHI
70	CDEFGHIJ
75	BCDEFGHI
80	BCDEFGH
85	CDEFG
90	CDEF
95	CDE



kolor / colour / Farbe / цвет

beżowy / beige / Beige / бежевый
czarny / black / Schwarz / черный

KYLIE 51770



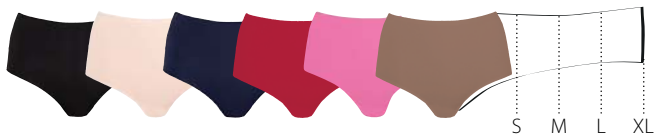
KYLIE 55770



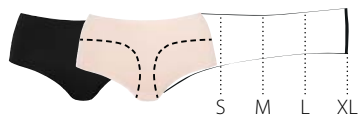
KYLIE 02770



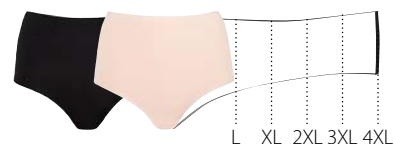
KYLIE 03770



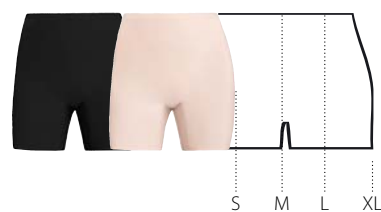
KYLIE 33770



KYLIE 06770



KYLIE 05770



MAGIC
line

MAGIA
jednego
rozmiaru

KYLIE 770
ONE SIZE



51770
03770

KYLIE 770
ONE SIZE



kupując figi Kylie
w kolorze pink ribbon
wspierasz działania
Fundacji „Zdrowy Biust”

purchasing Kylie briefs
in the pink ribbon colour
you support the activities
of the „Healthy Breast”
Foundation

dowiedz się więcej
learn more



www.zdrowybiust.eu



KYLIE 770
ONE SIZE

MAGIC
line
MAGIA
jednego
rozmiaru

51770
33770

51770
33770

KYLIE 770
ONE SIZE

MAGIC
line
MAGIA
jednego
rozmiaru



55770
02770



55770
03770

KYLIE 770
ONE SIZE



55770
05770



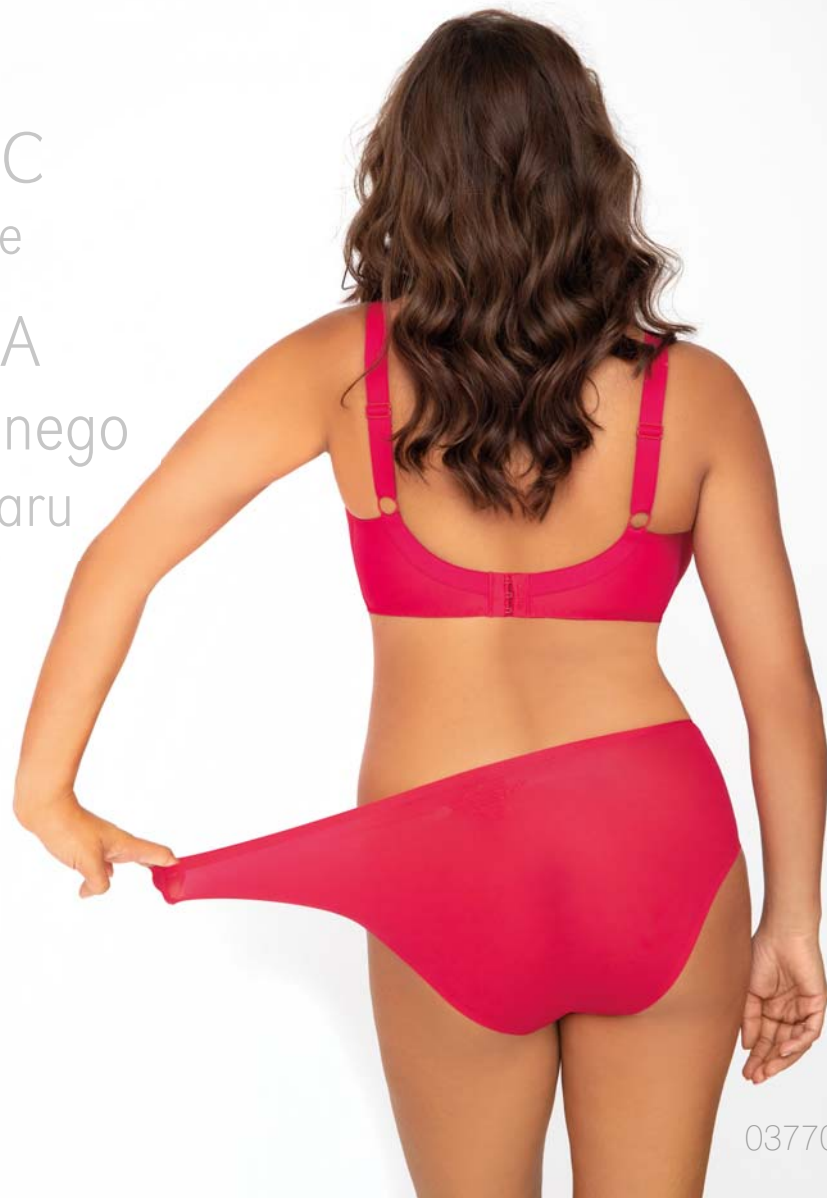
55770
05770

KYLIE 770
ONE SIZE



MAGIC
line

MAGIA
jednego
rozmiaru



KYLIE 770
ONE SIZE

MAGIC
line

MAGIA
jednego
rozmiaru

06770

03770

KYLIE 770
ONE SIZE

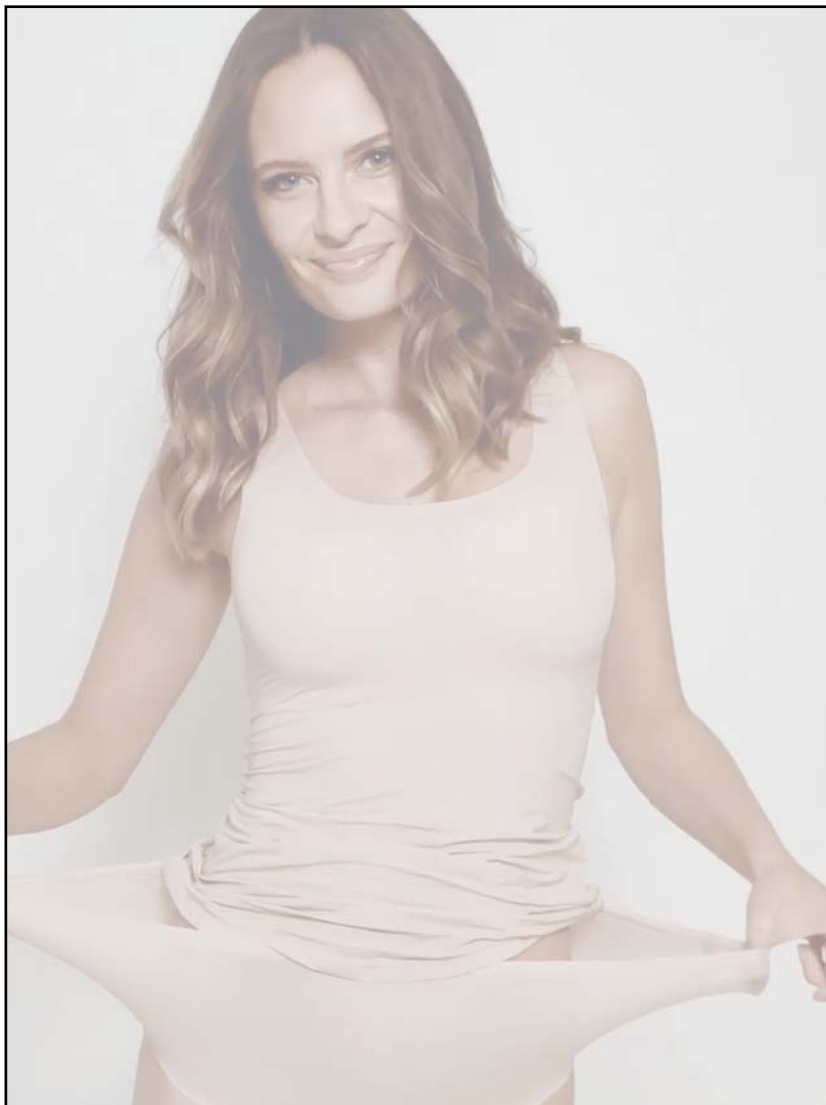


51770
06770



51770
02770

51770
06770



KYLIE 770

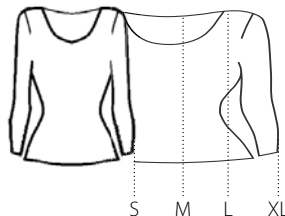
CLASSIC COLLECTION

EU rozmiar / size / Größe / размер

ONE SIZE

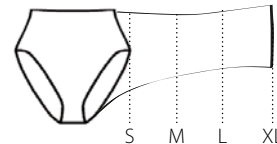
51770

● black
● beige
only



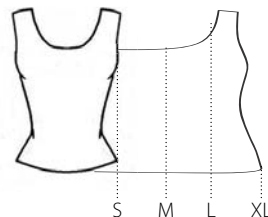
02770

● black
● beige
● ruby
● dark blue
● pink ribbon
only

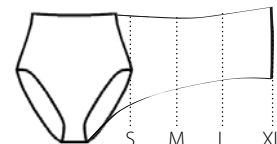


55770

● black
● beige
only

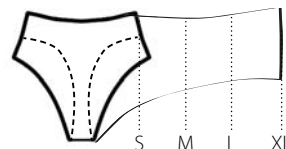


03770



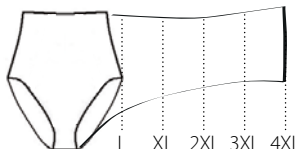
33770

● black
● beige
only



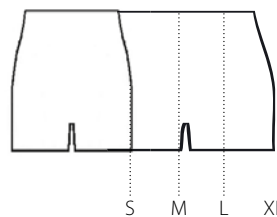
06770

● black
● beige
only



05770

● black
● beige
only



kolor / colour / Farbe / цвет

beżowy / beige / Beige / бежевый

czarny / black / Schwarz / черный

rubinowy / ruby / Rubinrot / рубиновый

kawowy / coffee / Kaffe / кофе

granatowy / dark blue / Dunkelblau / темно-синий

pink ribbon / pink ribbon / Pink Ribbon / pink ribbon

DOLLY 872



super push-up
up to 3 cup sizes
for a
WOW effect!!!

boost
your neckline
the natural
way!

podkreśl dekolte
w naturalny sposób!



16872
41872

16872
41872

DOLLY 872



super push-up
up to 3 cup sizes
for a
WOW effect!!!

boost
your neckline
the natural
way!

podkreśl dekolt
w naturalny sposób!



16872
41872

16872
41872

DOLLY 872

CLASSIC COLLECTION

EU rozmiar / size / Größe / размер

16872

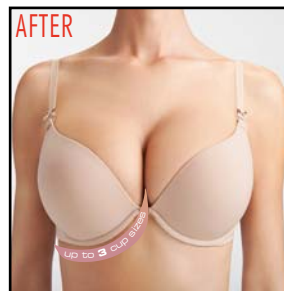
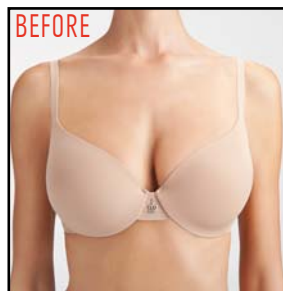


65 CDE
70 BCD
75 ABC
80 AB

41872



S, M, L, XL



super push-up

UP TO 3 CUP SIZES

kolor / colour / Farbe / цвет

beżowy / beige / Beige / бежевый

czarny / black / Schwarz / черный

czarno-różowy / black-rose / Schwarz-Rose / черный-розовый



multiway
and
strapless
bra
cup B - J

25706
02771

25706
03771



multiway and strapless bra



KAROLINA 706

CLASSIC COLLECTION

EU rozmiar / size / Größe / размер

25706

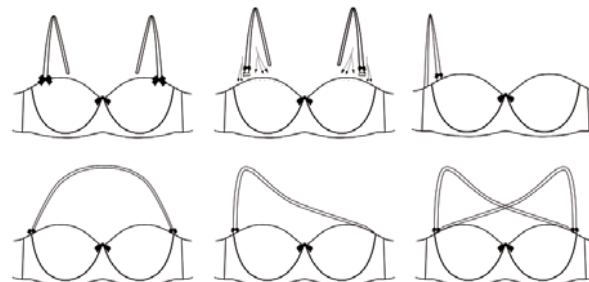


65 HIJ
70 GHJ
75 FGHJ
80 EFGH
85 DEFGH
90 CDEFG
95 BCDEF



sexy plus

multiway and strapless bra



extra silicone support



kolor / colour / Farbe / цвет

beżowy / beige / Beige / бежевый
czarny / black / Schwarz / черный

TWIGGY 723



ultra
light bra
made of 3D
SPACER foam
breathable
100% comfort



17723
03723

17723
02723



16723
41723

special
smooth
touch
with
soft foam



16723
41723

TWIGGY 723



12723
03723



12723
03723



TWIGGY 723

CLASSIC COLLECTION

EU rozmiar / size / Größe / размер

12723



sexy plus

65 EFGHI
70 DEFGHIJ
75 DEFGHI
80 CDEFGH
85 CDEFG
90 CDEF
95 CDE

02723



S, M, L, XL, XXL

16723



65 CDEFG
70 BCDEF
75 ABCDE
80 ABCD
85 BC

03723



S, M, L, XL, XXL

17723



sexy plus

60 EFGHI
65 DEFGHI
70 CDEFGHIJ
75 BCDEFGHI
80 BCDEFGH
85 BCDEFG
90 BCDEF
95 BCDE
100 BCD

41723



S, M, L, XL

kolor / colour / Farbe / цвет

beżowy / beige / Beige / бежевый

czarny / black / Schwarz / черный

BELLA 724



11724
02724



11724
03724

BELLA 724



12724
02724



12724
03724

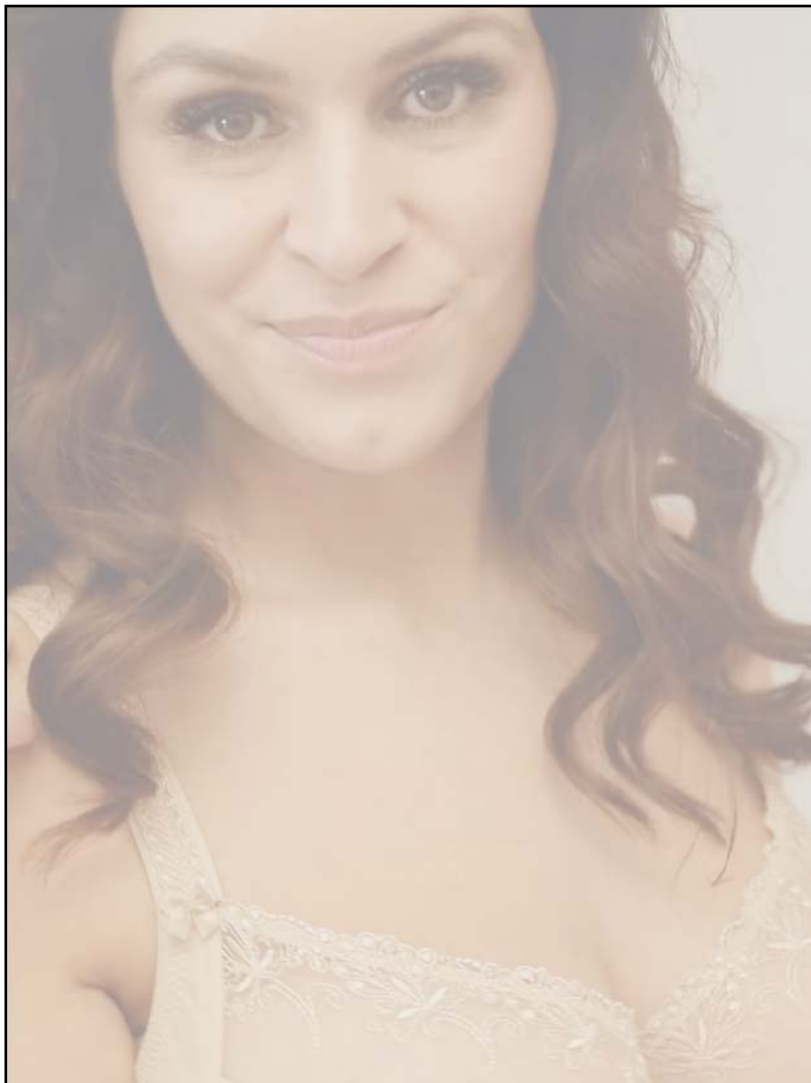
BELLA 724



14724
41724



22724
03724



BELLA 724

CLASSIC COLLECTION

EU rozmiar / size / Größe / размер

11724



sexy plus
minimizer

75 DEFGHIJK
80 CDEFGHIJ
85 CDEFGHI
90 CDEFGH
95 CDEFG
100 CDEF

02724



S, M, L, XL, XXL



03724



S, M, L, XL, XXL



12724



sexy plus

65 EFGHI
70 DEFGHIJ
75 DEFGHIJ
80 CDEFGHI
85 CDEFGH
90 CDEFG
95 CDEF

41724



S, M, L, XL



14724



65 CDE
70 BCDEF
75 ABCDE
80 ABCD
85 BC

22724



sexy plus

65 EFGHIJK
70 EFGHIJKL
75 DEFGHIJK
80 CDEFGHIJ
85 CDEFGHI
90 CDEFGH
95 CDEF

kolor / colour / Farbe / цвет

beżowy / beige / Beige / бежевый
czarny / black / Schwarz / черный

NATALIE 711



22711
03711



16711
02711

NATALIE 711

CLASSIC COLLECTION

EU rozmiar / size / Größe / размер

16711



65 CDEFG
70 BCDEF
75 ABCDE
80 BCD
85 BC

02711



S, M, L, XL, XXL

22711



65 EFGHI
70 DEFGHIJK
75 DEFGHIJK
80 CDEFGHIJ
85 CDEFGHI
90 CDEFGH
95 CDEFG

sexy plus

03711



S, M, L, XL, XXL

41711



S, M, L, XL

kolor / colour / Farbe / цвет

czarny / black / Schwarz / черный

MANEKIN/MANNEQUIN



TORBY/PAPER BAGS



PRZEDŁUŻKA/BRA EXTENSION



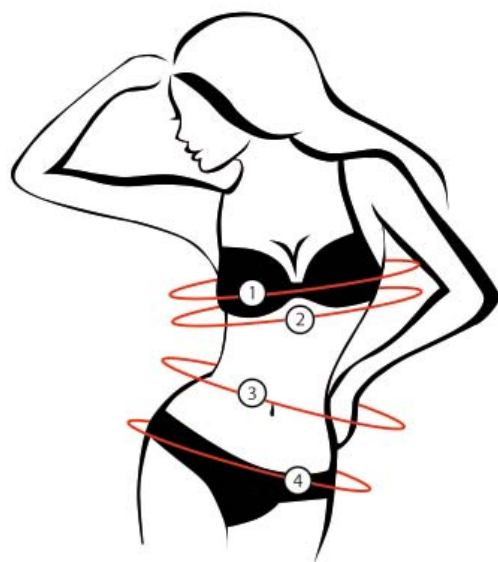
kolor / colour / Farbe / цвет

czarny / black / Schwarz / черный

biały / white / Weiß / белый

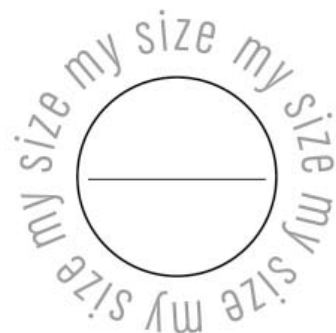
beżowy / beige / Beige / бежевый

SIZE			② cm	① cm											
EU	FR	USA		CUP SIZE											
				A	B	C	D	E	F	G	H	I	J	K	L
60	75	28	58-62	72-74	74-76	76-78	78-80	80-82	82-84	84-86	86-88	88-90	90-92	92-94	94-96
65	80	30	63-67	77-79	79-81	81-83	83-85	85-87	87-89	89-91	91-93	93-95	95-97	97-99	99-101
70	85	32	68-72	82-84	84-86	86-88	88-90	90-92	92-94	94-96	96-98	98-100	100-102	102-104	104-106
75	90	34	73-77	87-89	89-91	91-93	93-95	95-97	97-99	99-101	101-103	103-105	105-107	107-109	109-111
80	95	36	78-82	92-94	94-96	96-98	98-100	100-102	102-104	104-106	106-108	108-110	110-112	112-114	114-116
85	100	38	83-87	97-99	99-101	101-103	103-105	105-107	107-109	109-111	111-113	113-115	115-117	117-119	119-121
90	105	40	88-92	102-104	104-106	106-108	108-110	110-112	112-114	114-116	116-118	118-120	120-122	122-124	124-126
95	110	42	93-97	107-109	109-111	111-113	113-115	115-117	117-119	119-121	121-123	123-125	125-127	127-129	129-131
100	115	44	98-102	112-114	114-116	116-118	118-120	120-122	122-124	124-126	126-128	128-130	130-132	132-134	134-136
105	120	46	103-107	117-119	119-121	121-123	123-125	125-127	127-129	129-131	131-133	133-135	135-137	137-139	139-141
110	125	48	108-112		124-126	126-128	128-130	130-132	132-134	134-136	136-138	138-140	140-142	142-144	144-146
115	130	50	113-117		129-131	131-133	133-135	135-137	137-139	139-141	141-143	143-145	145-147	147-149	149-151
120	135	52	118-122		134-136	136-138	138-140	140-142	142-144	144-146	146-148	148-150	150-152	152-154	154-156



ROZMIARY/SIZES

SIZE			③ cm	④ cm
EU	FR	USA		
34	36	XXS	56-58	84-86
36	38	XS	60-62	88-90
38	40	S	64-68	92-94
40	42	M	70-74	96-100
42	44	L	76-80	102-106
44	46	XL	82-84	108-110
46	48	XXL	86-90	112-116
48	50	XXXL	92-96	118-120
50	52	XXXXL	98-102	122-126



IDEALNY BIUSTONOSZ

PERFECT BRA



- zdrowy i bezpieczny
healthy and safe



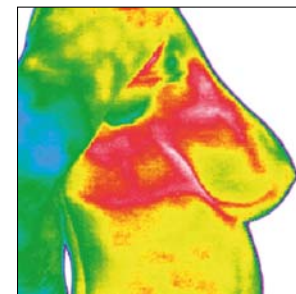
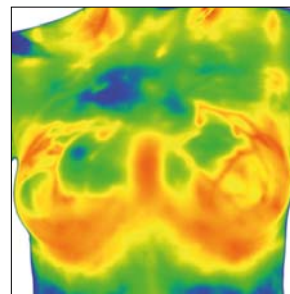
- optymalnie dopasowany
optimally fitted



- idealnie podtrzymuje piersi
perfectly supports breast

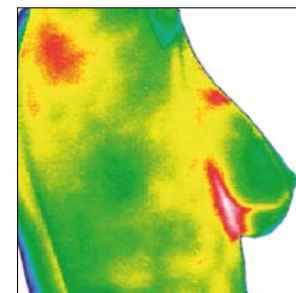
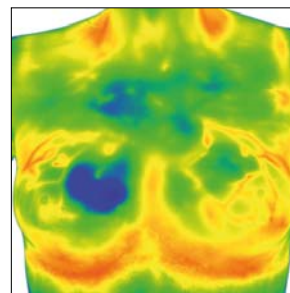


- nie powoduje zbędnych ucisków
no unnecessary pressure



Niewłaściwie dobrany biustonosz

- zbyt mała miska i obwód
Improperly fitted bra
- too small cups and girth



Właściwie dobrany biustonosz
Properly fitted bra



FUNDACJA ZDROWY BIUST



AAC
ZDROWEGO BIUSTU

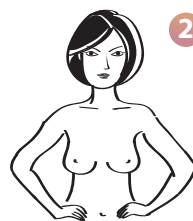
 oglądaj

 dotykaj

 żyj



1 Stań przed lustrem, swobodnie opuść ręce, obejrzyj dokładnie swoje piersi. Sprawdź, czy nie zmieniły kształtu, położenia, koloru, wielkości, nie wciągnęła się skóra.



2 Unieś ręce do góry. Obejrzyj dokładnie swoje piersi. Powtórz to samo z rękoma opartymi na biodrach.



3 Ściskaj brodawkę. Obserwuj, czy nie wydostaje się z niej jakaś wydzielina.



4 Podczas kąpieli pod prysznicem, załóż lewą rękę za głowę, prawą badaj lewą pierś całymi palcami. Zataczaj małe kółka, zgodnie z ruchem wskazówek zegara, w kierunku brodawki. Sprawdź, czy nie czujesz stwardnień, guzków, zmian. To samo powtórz z prawą pierśią.



5 Połóż się, wsuń poduszkę pod prawy bark, a prawą rękę pod głowę. Palcami lewej ręki badaj prawą pierś, tak jak pod prysznicem. Tak samo zbadaj lewą pierś.



6 Połóż się na wznak i prawą rękę wyciągnij wzdłuż tułowia. Badaj prawą pachę. Sprawdź, czy nie są powiększone węzły chłonne. Tak samo zbadaj lewą pachę.

PO PIERWSZE PROFILAKTYKA!

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