



Men get breast cancer

TOO!

Why Chest Check?

There is currently little research, and no routine screening, so most male breast cancers are only found by checking the chest!

WARNING SIGNS a lump behind the nipple, reddening, skin dimpling and an inverted nipple or any discharge

REMEMBER 80% of lumps found are benign and not cancerous

BUT if you do feel or see any changes, see your doctor, if only to put your mind at rest!

GO ON... Check your Chest each month on the same date.

To find out how to do it – just visit
walkthewalk.org/mengetbreastcancertoo