



# Men get breast cancer

# TOO!

## Why Chest Check?

With no routine screening, and currently little research, most male breast cancers are only found by Checking the Chest!

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

**REMEMBER** 80% of lumps found are not cancerous

**BUT** if you feel or see any changes, get checked by your doctor, if only to put your mind at rest!

**GO ON...** Same date each month - Check your Chest!

To find out how to do it – just visit [walkthewalk.org/mengetbreastcancertoo](http://walkthewalk.org/mengetbreastcancertoo)



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