



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



collaborating with

