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