



Men get breast cancer

TOO!

How to Chest Check?

1 Stand before a large mirror so that you can see your whole chest. Place your hands on your hips to tighten your chest muscles. Visually check that you are symmetrical, and there are no skin changes such as rashes, dimples or puckering

2 The bath or shower is the best place to continue the check – using soap, create a slippery layer, allowing your fingers to glide over your skin without rubbing

3 Raising your left arm, place your left hand on the back of your head. On your right hand, close together your middle 3 fingers, place them flat onto the left side of your chest, then starting at the outer edge, press down and slide your fingers in small circles, checking the texture of your skin

4 By squeezing your nipple between your thumb and index finger, check for the skin pulling inwards, and any puckering or discharge

5 You can also Check your Chest lying down. Place a pillow under your right shoulder and bend your right arm over your head. Using the fingertips on your left hand, check in the same way as for a standing check, and then change arms

6 Whichever method you prefer, always take your time, and always check both sides

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

Download a poster... just visit
walkthewalk.org/mengetbreastcancertoo



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