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

walkthewalk®
uniting against breast cancer

Supported by:
The Male Breast Cancer Coalition