

# ANYONE CAN GET BREAST CANCER

## MEN GET BREAST CANCER TOO

### WARNING SIGNS

- Most commonly it is a lump in the chest that is nearly always painless
- A discharge or liquid that comes from the nipple and may be blood stained
- A tender or inverted nipple that is pulled into the chest
- Swelling of the chest area and sometimes of the lymph nodes under the arm
- Ulcers or sores around the nipple area or on the chest

### WHY CHEST CHECK?

Because many men don't know they have breast tissue, and with no routine screening most breast cancers are only found by checking the chest!

### BUT

Any symptoms you find...

Don't wait, visit your doctor if only to put your mind at rest!

Early detection means a greater chance of successful treatment.

Check your chest...  
Same day every month!

Look &  
Feel FOR  
CHANGES

walkthewalk.org



Find out more!

