



**WE
SHE
ME**
walkthewalk.org

any[♀]one can get breast [♀]cancer

**Early detection gives a greater chance
of a successful outcome** – Taking care of your
health and being more active supports prevention.



**Download information to find out what
to look for, and how to check!**
walkthewalk.org/breasthealth



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!



Charity No
SC029572



ANYONE CAN GET BREAST CANCER

Look & Feel FOR CHANGES

- Any unusual change in the shape, size or texture of one of your breasts
- Changes in skin colour or a rash around the nipple
- A nipple that has become pulled in or changed its position or shape – retraction of the nipple is normal in some women
- Puckering or dimpling of the skin. Or a lump or thickening within the breast or armpit
- Discharge from one nipple or both
- Constant pain in one part of the breast

REMEMBER

Check your breasts...
Same day every month!

9 out of 10 breast lumps
are NOT cancerous!

walkthewalk.org



Find out more!