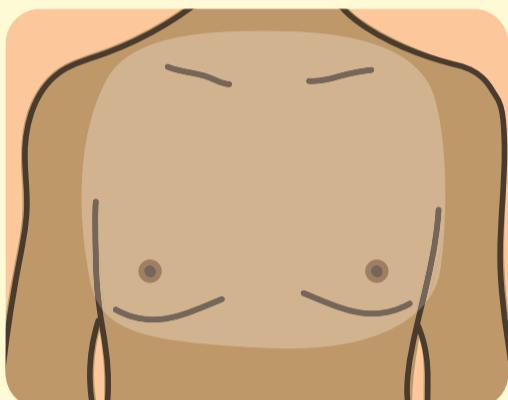


# TOUCH YOUR CHEST LOOK FOR CHANGES CHECK ANY CHANGES WITH YOUR GP

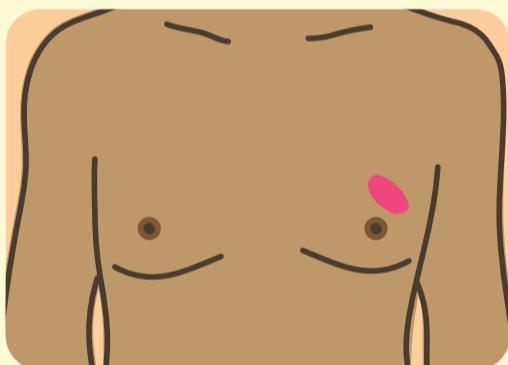
**Did you know men can get breast cancer too?**

We all have breast tissue, so it's important for everyone to know the signs and symptoms of breast cancer.

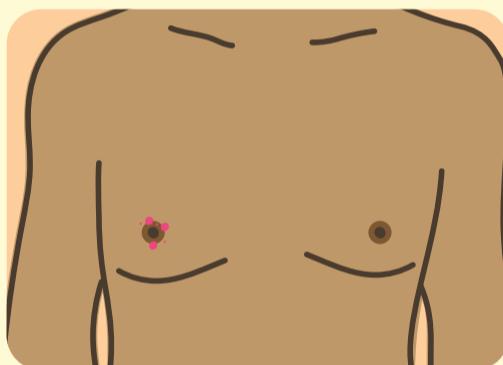


Check all parts of your chest, your armpits and up to your collarbone (upper chest) for **changes**.

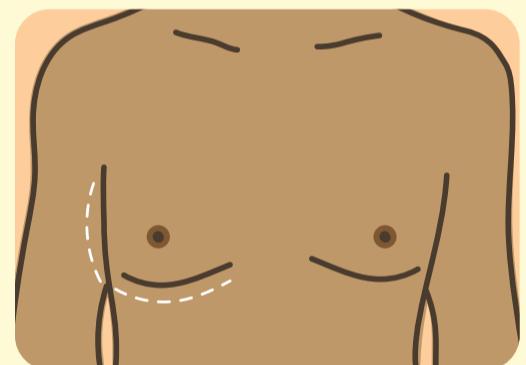
Signs and symptoms may appear differently on various skin tones



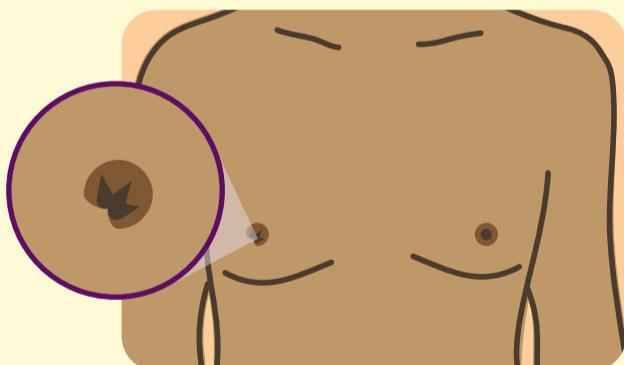
A **lump or swelling** in the chest or armpit



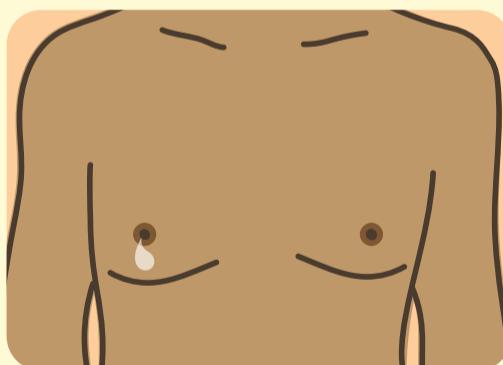
**Sores** on the chest or nipple area



**Swelling** in the chest area or under the arm



A **nipple change**, for example it has become pulled in (inverted) or changed direction



**Unusual liquid** (discharge) from either nipple

Touch and look at your chest to get to **know your normal**.

TOUCH  
LOOK  
CHECK™

BREAST  
CANCER  
NOW The research & support charity