

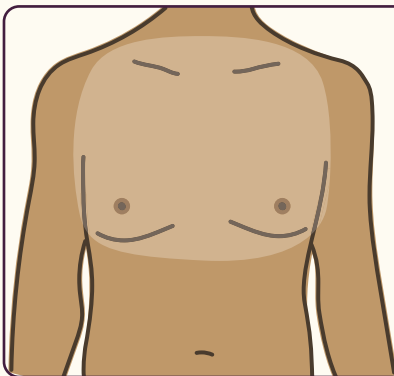
TOUCH LOOK CHECK

**BREAST
CANCER
NOW**

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.

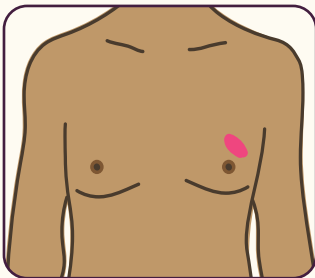
Touch your chest. Look for changes. Check any changes with your GP.



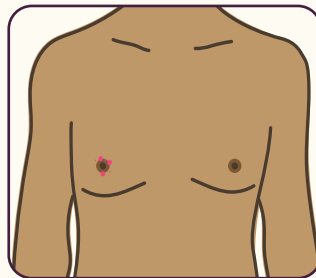
Check all parts of your chest, your armpits and up to your collarbone (upper chest) for changes.

Signs and symptoms may appear differently on various skin tones. These illustrations are meant as a guide. Check anything that looks or feels different for you with a GP.

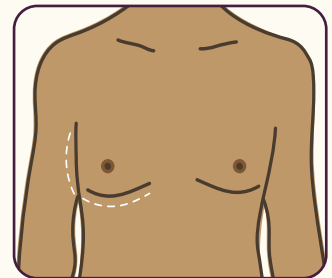
Changes to look and feel for



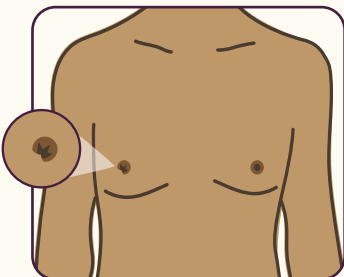
A **lump or swelling** in the chest, upper chest or armpit



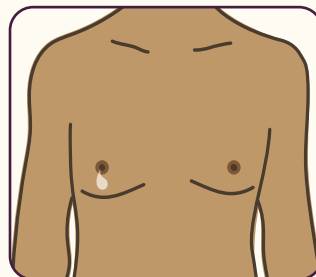
Sores on the chest or nipple area



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.