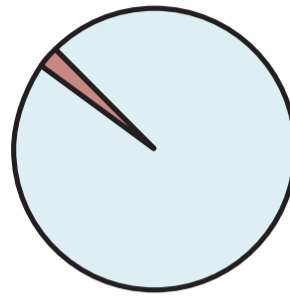


Did You Know Men Can Get Breast Cancer Too?

Men also have breast tissue and are at risk of developing breast cancer

Although rare, approximately 2% of breast cancer patients are men

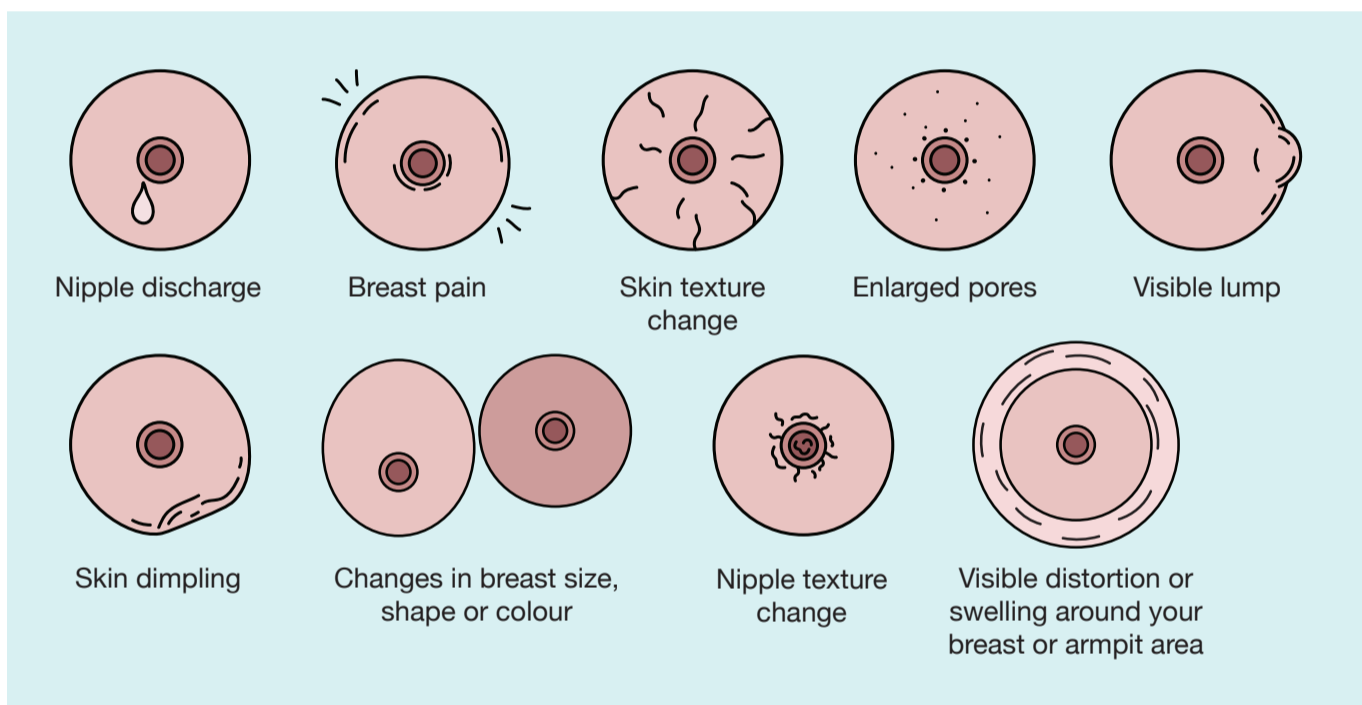


Men have an estimated lifetime risk of 1 in 932 for developing breast cancer



Self-Examination

Do you see any of these?



VISUAL

1. Stand in front of a mirror with your shoulders straight and arms on your hips
2. Raise each arm and look for any of these symptoms



See or feel something unusual?

Potential Treatment Options

Surgery: remove the affected tissue

Chemotherapy: medication that shrinks and kills cancer cells

Radiation: high energy rays that kill cancer cells

PHYSICAL

1. Lie down, place one arm above your head and use your other hand to examine the opposite breast
2. Use 3 fingers to apply light, but firm pressure over your breast in a circular motion
3. Keep your fingers flat and together and remember to cover your entire breast and armpit area
4. Examine the other breast in the same way!

Contact your doctor or local clinic

RESOURCES

Wings of Hope Cancer Support
wingsofhope.org.za
info@wingsofhope.co.za
082 923 4735

Breast Health Foundation
mybreast.org.za
support@mybreast.org.za
086 028 3343 | 011 489 1151

Reach For Recovery
reach4recovery.org.za
nationalmanager@reach4recovery.org.za
079 462 3973

CANSA
cansa.org.za
info@cansa.org.za
0800 22 66 22

WhatsApp Text – English and Afrikaans: 072 197 9305

WhatsApp Text – isiXhosa, isiZulu, Sesotho, Setswana and Sepedi: 071 867 3530