

# Check your PECS



**Check** your breasts in front of a mirror for any symptoms or abnormalities.



**Examining** starts at the collarbone and continues down and up the entire breast in a verticle pattern.



**Examine** the nipple, most men find their lumps under the nipple.



**Position** yourself in a bed which leads to a more even distribution of your breast tissue.



In a sitting or standing position, use the pads of the three middle fingers - **examine** using light, medium and deep pressure.

## Signs and Symptoms

A painless **lump** or **thickening** in your breast tissue.

Changes to the skin covering your breast, such as **dimpling**, **wrinkling**, **redness** or **scaling**.

Changes to your nipple, such as **redness** or **scaling**, or a nipple that begins to **turn inward**.

**Discharge** from your nipple.

\*Based on NHS, data and graphic