

INTERNATIONAL BREAST CANCER AWARENESS DAY

FRIDAY 3RD MARCH 2023 3:30 PM @ MARKET SQUARE

Join us in raising awareness for breast cancer in men as well as women by taking part in a bra chain around town.

Starting at the Market Square and ending at the Halo Centre. Supported by Chamber of Commerce



Donations can be left at Tenovus Shop, High St. www.macmillan.org.uk

What are the signs and symptoms of breast cancer?



A change in the size, outline or shape of your breast



A discharge of fluid from either of your nipples



Changes in your skin such as puckering, dimpling, colour or a rash



Any change in nipple position (pulled in or pointing differently)



A new lump, thickening or bumpy area in one breast or armpit




Swelling in your armpit, collarbone or breasts



An eczema like rash, crusting, scaly, itching or redness on or around the nipple



Breast pain is **not** usually a symptom of breast cancer

 See a GP if you notice any changes