

CHECK YOUR PECS!

Men get breast cancer too. Early detection saves lives.



Most men never check their chest — and that silence is costing lives.

If you notice a lump, swelling, nipple changes, or anything that feels unusual, talk to your doctor.

Awareness starts with one simple habit:

Check your pecs.



THE BOTTONI PROJECT

Canada's voice for Male Breast Cancer Awareness

thebottoniproject.ca