

Changes in how breasts look or feel...

...could be a sign of breast cancer in **men and women**.
Talk to your GP without delay if you have any concerns
and **nip it in the bud**.



To learn more about signs, symptoms and risks of breast cancer,
scan the QR code below or visit fcn.org.uk/cancersupport/

To talk in confidence about any worries with a sympathetic person who
understands farming life, contact The Farming Community Network
(FCN) on 03000 111 999 (7am-11pm, 365 days of the year).



The Farming Community Network, registered charity
in England and Wales (1095919) and Scotland
(SC053538). Also operating in Northern Ireland.

In partnership with



Macmillan Cancer Support, registered
charity in England and Wales (261017),
Scotland (SC039907) and the Isle of Man
(604). Also operating in Northern Ireland.



Scan for more information