HOW MUCH DO YOU KNOW ABOUT...?

BREAST & CHEST CHECKING

People of all genders can get breast cancer.

- **Trans men** and **transmasc non-binary** people should check monthly, even if they've had top surgery.
- **Trans women** and **transfem non-binary** people should check monthly too, with or without gender affirming hormone therapy.

Both **look and feel** when checking your chest and get into the habit of doing it **monthly**. If you get to know what is **normal for you**, it will be easier to **notice** any unusual changes.

Read our guide to learn more about the **signs of breast cancer** and how to check.

If you notice an unusual change, speak to your GP.





THE OUT HOUSE

Read Our Guide!

We've created a cancer guide specifically for **transgender**, **non-binary**, and **gender questioning** people, with information and advice on different **cancer types**, **symptoms**, and **navigating care** as a trans+ person.

The OutHouse, registered CIO in England & Wales, Charity Commission no. 1204555