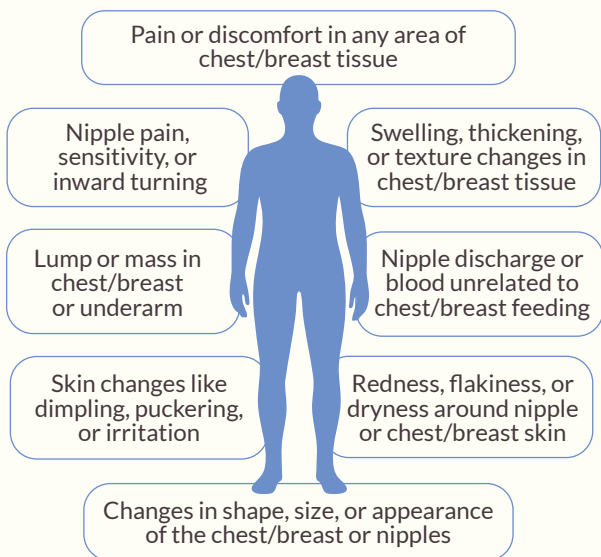


**ANY CHEST.
ANY GENDER.
ANY PERSON.**



Know the Signs & Symptoms of Chest/Breast Cancer



Trust Your Body!

Notice changes, speak with a healthcare provider.

Chest/Breast Cancer Stats

- ▶ **1 in 8 people assigned female at birth (AFAB)** will be diagnosed with chest/breast cancer in their lifetime regardless of gender identity.
- ▶ **LGBTQ+ people** often face delays in diagnosis due to stigma, discrimination, or lack of affirming care.
- ▶ **Trans men & nonbinary people without top surgery** (or partial reconstruction) still need annual chest/breast cancer screenings.
- ▶ **Trans women on estrogen** may have an increased risk over time — screening should be discussed with a provider.
- ▶ **Lesbian & bisexual women** may have higher risk factors and lower screening rates.
- ▶ **Fear of misgendering or dismissal** can prevent needed care — affirming providers save lives.

Your Identity Is Valid. Your Health Is, Too.

How to Be Your Own Best Advocate

- ▶ **Choose a healthcare provider you trust.** You deserve respectful, affirming care.
- ▶ **Get screened.** Stay current on screenings based on your personal risk factors.
- ▶ **Understand your risk.** Medical and family health history, genetics, lifestyle, and age can all affect your risk of developing chest/breast cancer, so talk to your provider about what applies to you.
- ▶ **Small steps matter.** Support your health with movement, nourishing choices, and limit ultra-processed foods, alcohol, and tobacco.
- ▶ **Pay attention to changes.** Let your provider know about any chest/breast differences you notice, regardless of your gender, age, or medical history.

Metastatic Breast Cancer (MBC/Stage IV)

Did You Know?

MBC happens when chest/breast cancer spreads to other parts of the body;
most often the bones, lungs, liver, or brain.

Symptoms vary depending on where it spreads.

Cancer can affect anyone at any age regardless of gender identity.

Trust yourself.

If you feel something, say something!

Connect with SHARE for
information, resources, and support.



qrs.ly/SHARELGBTQ

Scan to explore our webinars and podcasts.