



Resources

Male Breast Cancer Resource Center
www.malebreastcancerresourcecenter.com

American Cancer Society
www.cancer.org
800-ACS-2345

Susan G. Komen Foundation
www.komen.org
Helpline 1-877-GO KOMEN (1-877-465-6636)

Centers for Disease Control and Prevention
www.cdc.gov/cancer/breast

National Cancer Institute
www.cancer.gov
800-4-CANCER (800-422-6237)

MEN'S HEALTH NETWORK

Breast Cancer

Living Longer and Healthier

There is a crisis in men's health. Because of poor health habits, lack of health insurance, failure to seek medical attention, and dangerous occupations, men live sicker and die younger than women.

Men die at higher rates for the top causes of death. This includes deaths from cancer, diabetes, suicide, and accidents; and diseases of the heart, kidney, and liver.

Take control of your health by getting a yearly check-up from your doctor. Your best chance of avoiding diseases that afflict men are prevention, self examination, and regular physician visits.

Men's Health Network
P.O. Box 75972
Washington, DC 20013

202-543-MHN-1
info@menshealthnetwork.org
www.menshealthnetwork.org

Want to Learn More?

For more information on other health problems which affect men, consult with a physician or contact the Men's Health Network.
For information about screening guidelines, order our "Get It Checked" brochure.



It Can Happen To Men, Too!

www.menshealthnetwork.org

Q: What did “Shaft” actor Richard Roundtree, NFL great Ernie Green, and “Price Is Right” announcer Rod Roddy, have in common?

A: All 3 men fought breast cancer.

Breast cancer is usually regarded as a women’s disease, even though about 2,000 men in the United States are diagnosed with breast cancer each year.

Breast cancer is the same in men and women. Just like women, men have breast tissue that can develop abnormal cancerous cells.



Be Aware

Lack of awareness about male breast cancer can be fatal – men with breast cancer often mistake visible lumps for other problems or ignore them until it is too late.

The earlier breast cancer is diagnosed, the more likely it is that treatments will be effective - no matter what gender you are.

Male Breast Cancer Facts

- Most common in aging men.
- About 2,000 men diagnosed each year.
- Less common than other male cancers, but higher death rate. Breast cancer can claim the lives of over 20% of those diagnosed.
- Treatable and beatable with early detection.

Risk Factors

- Age: Higher risk as men grow older.
- Family History: 5% - 10% of men who have been diagnosed have a family history (a mother or sister with breast cancer). But there is no family history in 90% - 95% of cases.
- Radiation exposure.
- Regular use of estrogen-related drugs.
- Liver disease.

Symptoms/Detection

Schedule a medical appointment if you notice any of these symptoms:

- A lump or thickening (often painless) in the breast that can be felt.
- Skin dimpling or puckering.
- Nipple retraction (turning inward).
- Redness or scaling of the nipple or breast skin.
- Clear or bloody discharge from the nipple.



Treatment

Treatment usually includes a combination of surgery, radiation, chemotherapy and/or hormone therapy.

Prevention

You may be able to decrease your risk of breast cancer by:

- Limiting alcohol consumption.
- Maintaining a healthy weight.
- Staying physically active.
- Practicing self examination.

A Woman’s Role

1. Remind

Remind the men in your lives to perform self-breast exams, just as you do. Have you found the shower a convenient place for self-breast exams? Share the tip!

2. Recognize

Men often confuse symptoms with a sports or work injury. Because they are less likely to recognize or report warning signs, they are often diagnosed after the disease has spread.

3. Reinforce

Men with symptoms may not go to the doctor because they believe a “real man” wouldn’t get breast cancer. That attitude can be prevented with a healthy support system. Reinforce the importance of checking out anything unusual with a doctor as soon as possible.