

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 exercising, eating right, and visiting your doctor regularly.

Resources

Susan G. Komen Foundation

www.komen.org

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 Resource Center

www.MensHealthResourceCenter.com

Get It Checked

www.GetItChecked.com



Want to learn more?

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

MEN'S HEALTH NETWORK

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www.MensHealthNetwork.org

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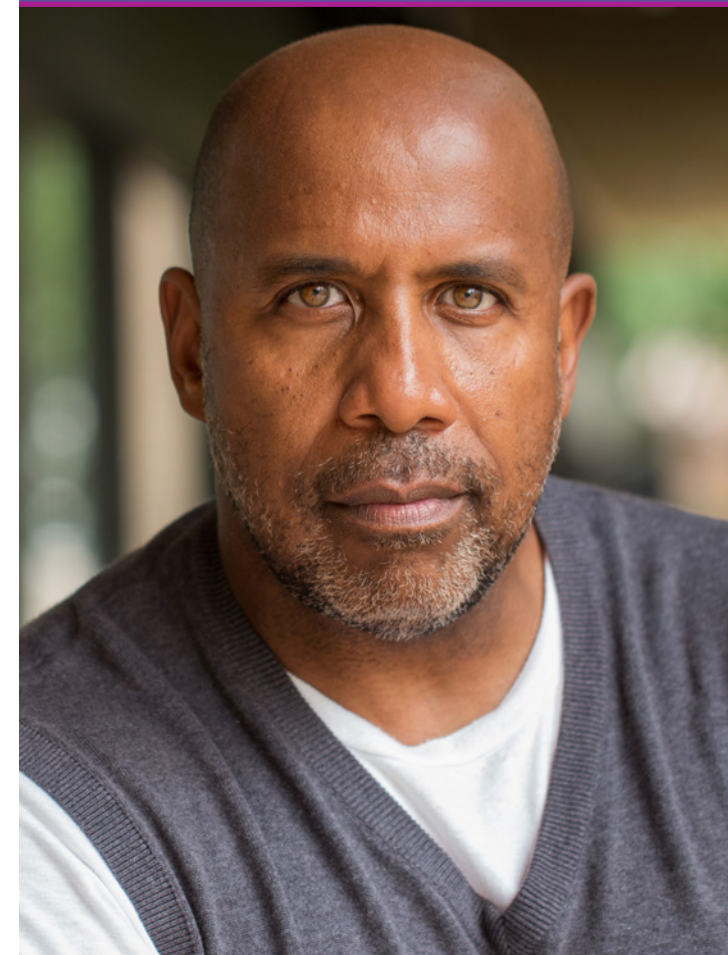
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Breast Cancer Can Happen to Men



It's not just a woman's disease

MHN Men's Health Network™
www.menshealthnetwork.org

Like women, men can develop breast cancer, a disease in which malignant (cancer) cells form in the tissues of the breast.

- Men of any age may develop breast cancer, but it is most common in men between 60–70.
- More than 2,500 men are diagnosed with breast cancer each year.
- Survival rates for men with breast cancer are similar to those for women diagnosed at the same stage of cancer. But, since men may be diagnosed with more advanced breast cancer, cancer in those men may be harder to cure.
- Breast cancer will claim the lives of about 480 men each year, almost 20% of those diagnosed.
- With early detection, breast cancer is treatable *and* beatable!

Risk Factors

Having one or several risk factors doesn't necessarily mean you'll get breast cancer—some men with more than one risk factor never develop the disease, whereas others with none do.

Factors that may make you more susceptible to breast cancer include:

Age

- Most common in men between ages 60-70

Family History

- Between 5–10% of men who have been diagnosed have a history of it in their family, a mother or sister with breast cancer.

Genetic predisposition

Radiation exposure

Klinefelter syndrome

Regular use of estrogen-related drugs

Liver disease

Excess Weight

Excessive use of alcohol

Mutation in BRCA (Breast Cancer) gene

- Men with BRCA gene mutations (defects) have a higher risk for getting breast, prostate, and other cancers.
- If either of your parents have a BRCA mutation, you have a 50% chance of having the same mutation.

HER2 is a growth protein

- In some breast cancers, some cells have too much of a growth protein called HER2.
- If too many copies of the HER2 gene are created, you can become HER2 positive.
- HER2 positive breast cancers spread and grow more aggressively than other forms of breast cancers.



Symptoms/Detection

Treatment and survival for men with breast cancer are promising when diagnosed early. Schedule a medical appointment if you notice any of these symptoms:

- A lump or thickening (often painless) in the breast or underarm that can be felt
- Skin dimpling or puckering
- Nipple retraction (turning inward)
- Redness or scaling of the nipple or breast skin
- Spontaneous clear or bloody discharge from the nipple
- Any change in size or shape of the breast
- Pain in any area of the breast

Treatment

Treatment of male breast cancer is the same as treatment for female patients and may include a combination of surgery, radiation, chemotherapy and/or hormone therapy.

Prevention

Personal choices over which you have control may help you decrease your risk of breast cancer:

- Limit alcohol consumption.
- Maintain a healthy weight.
- Stay physically active.
- Practice self examination.

Coping and Managing a Breast Cancer Diagnosis

- Joining a support group can help you deal with your cancer diagnosis.
- Your family is your best support group. You can rely on them throughout any sort of treatment you may seek.
- As you seek medical attention, take your significant other or a close family member with you. They are there to help and guide you through this process.

For the women in your life...

It is easy to see why breast cancer is the disease women fear most:

- All women are at risk for breast cancer.
- Breast Cancer is the second-leading cause of cancer deaths in American women.
- 1 in 8 U.S. women will develop breast cancer at some time in a their life.

You can help the women in your life fight this disease by being informed and supportive!

Similar to male breast cancer, a woman's risk can also be lowered by regular screening:

- Monthly breast self-examination starting by age 20
- Clinical breast examination every 3 years starting at age 20 and annually after 40
- Annual screening mammography starting at age 40



A Woman's Role

Women can help the men in their lives with awareness and early detection of breast cancer using the **3 Rs**:

1. Remind

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

2. Recognize

Men often confuse symptoms with a sports or work injury. Because they're 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 the doctor as soon as possible.