

Breast Cancer
In MEN
Just the Facts

*ZION BAPTIST CHURCH
HEALTH MINISTRY*

What Is Breast Cancer in Men?

- Breast cancer occurs mainly in women, but men can get it, too. Many people do not realize that men have breast tissue and that they can develop breast cancer. Cells in nearly any part of the body can become cancer and can spread to other areas.
- Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancer) if the cells can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body.

RISK FACTORS FOR MEN

- **Getting older.** The risk for breast cancer increases with age. Most breast cancers are found after age 50.
- **Genetic mutations.** Inherited changes (mutations) in certain genes, such as [BRCA1 and BRCA2](#), increase breast cancer risk.
- **Family history of breast cancer.** A man's risk for breast cancer is higher if a close family member has had breast cancer.
- **Radiation therapy treatment.** Men who had radiation therapy to the chest have a higher risk of getting breast cancer.

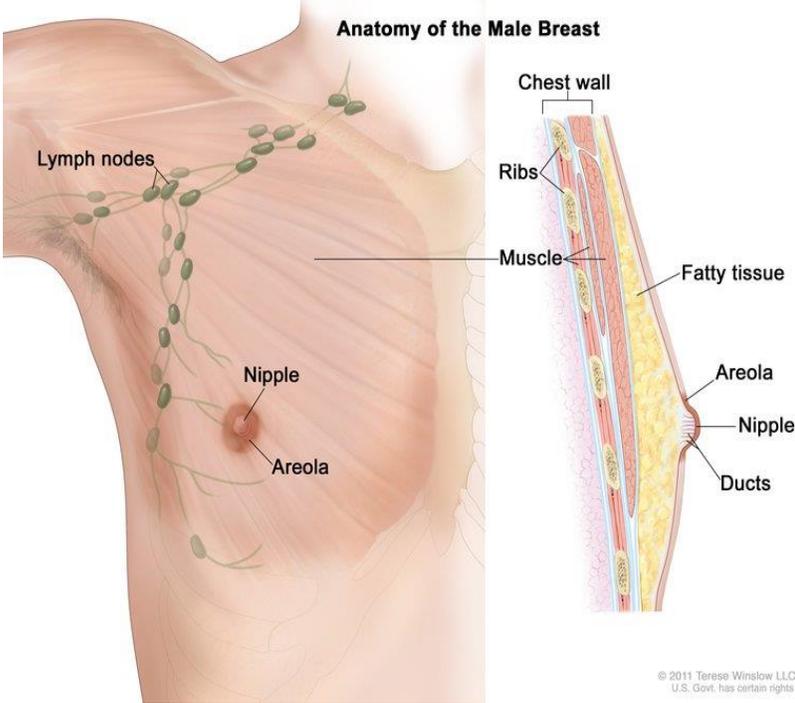
RISK FACTORS FOR MEN-continue

- **Hormone therapy treatment.** Drugs containing estrogen (a hormone that helps develop and maintain female sex characteristics), which were used to treat prostate cancer in the past, increase men's breast cancer risk.
- **Klinefelter syndrome.** [Klinefelter syndrome external icon](#) is a rare genetic condition in which a male has an extra X chromosome. This can lead to the body making higher levels of estrogen and lower levels of androgens (hormones that help develop and maintain male sex characteristics).

RISK FACTORS FOR MEN-continue

- **Conditions that affect the testicles.** Injury to, swelling in, or surgery to remove the testicles can increase breast cancer risk.
- **Liver disease.** Cirrhosis (scarring) of the liver can lower androgen levels and raise estrogen levels in men, increasing the risk of breast cancer.
- **Overweight and obesity.** Older men who are overweight or have obesity have a higher risk of getting breast cancer than men at a normal weight.

ANATOMY OF THE MALE BREAST



What Can I Do to Reduce My Risk?

*****If several members of your family have had breast or ovarian cancer, or one of your family members has a known BRCA1 or BRCA2 mutation, share this information with your doctor. Your doctor may refer you for [genetic counseling](#). In men, mutations in the BRCA1 and BRCA2 genes can increase the risk of breast cancer, high-grade prostate cancer, and pancreatic cancer.**

*****If [genetic testing](#) shows that you have a BRCA1 or BRCA2 gene mutation, your doctor will explain [what you should do to find cancer early](#), if you get it.**

Most Common Symptoms of Breast Cancer in Men

- A lump or swelling in the breast.
- Redness or flaky skin in the breast.
- Irritation or dimpling of breast skin.
- Nipple discharge.
- Pulling in of the nipple or pain in the nipple area.

Types of Cancer in Men and Women

Invasive ductal carcinoma. Cells grow outside the ducts into other parts of the breast tissue. Cells can spread, or *metastasize*

Invasive lobular carcinoma. Cells spread from the lobules to the breast tissues that are close by. Cancer cells can also spread to other parts of the body.

Ductal carcinoma *in situ* (DCIS) is a breast disease that may lead to breast cancer. Cancer cells are only in the lining of the ducts and have not spread to other tissues in the breast.

How Is Breast Cancer In Men Treated?

[Treatment for breast cancer](#) is the same in men as in women.

It depends on how big the tumor is and how far it has spread.

Treatment may include surgery, chemotherapy, radiation therapy, hormone therapy, and targeted therapy.

How Is Breast Cancer Treated?

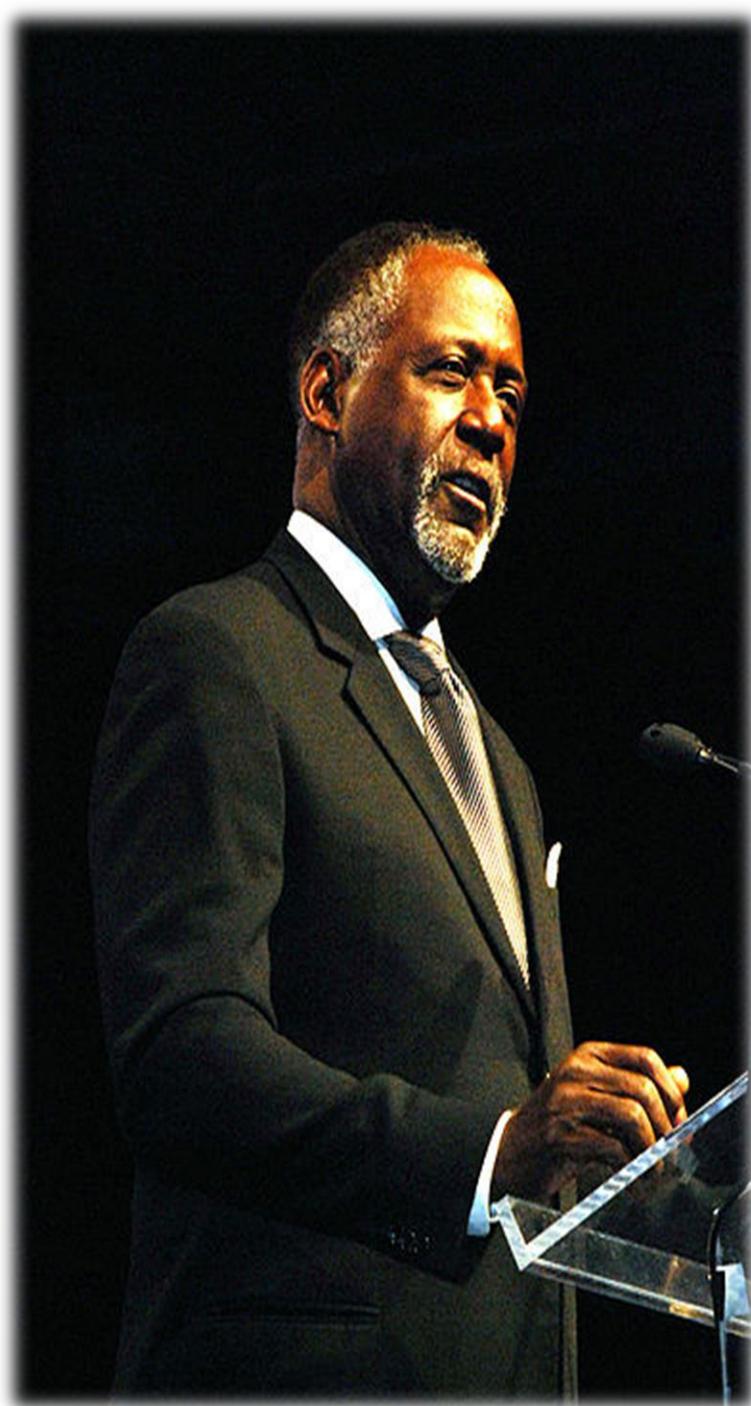
- **Surgery.** An operation where doctors cut out cancer tissue.
- **Chemotherapy.** Using special medicines to shrink or kill the cancer cells.
- **Hormonal therapy.** Blocks cancer cells from getting the hormones they need to grow.
- **Biological therapy.** Works with your body's immune system to help it fight cancer cells or to control side effects from other cancer treatments.
- **Radiation therapy.** Using high-energy rays (similar to X-rays) to kill the cancer cells.



- **Dump truck driver Eddie Quick is one of 1,990 males to develop the disease in 2008.**
- **He is unusually young for the disease 55**
- **Had a tumor the size of a ping pong ball**
- **His mother also had breast cancer**

EDDIE TESTED POSITIVE FOR THE BRCA-2 GENE. APPROX. 25% OF MEN WITH BREAST CANCER HAVE THIS GENE





SHAFT-Music from the Soundtrack
Composed and Performed by **ISAAC HAYES**



MGM's

SHAFT

ENG 2 5002
STEREO
DYNALAB

The image is a movie poster for the film 'Shaft'. It features a central image of Richard Roundtree as John Shaft, wearing a blue leather jacket and holding a whip. In the top right corner, there is an inset photo of Isaac Hayes wearing sunglasses. The title 'SHAFT' is written in large, stylized, purple-outlined letters at the bottom. The text 'MGM's' is positioned above the title. At the very bottom right, there is a logo for 'DYNALAB' with the text 'ENG 2 5002 STEREO' above it.

ENGAGE IN PREVENTION/EARLY INTERVENTION

All men can lower their risk by
keeping a healthy weight
and
exercising regularly.