

## Know The Signs

### Signs of Male Breast Cancer

- Abnormal lumps or swelling in either the breast, nipple, or chest muscle
- Skin dimpling or puckering
- Nipple retraction (turning inward)
- Redness or scaling of the nipple or breast skin
- Nipple discharge

### Other Known Risk Factors

- Klinefelter's syndrome, a condition associated with high levels of estrogen.
- Breast cancer runs in your family male or female, or you carry the BRCA1 or BRCA2 gene, you have a higher risk of developing male breast cancer.
- Chronic alcoholism, chronic liver disease and obesity may also increase the risk of male breast cancer



**Breast Impressions, Inc.** mission is to increase breast cancer awareness and fundraising to support breast cancer education, prevention and treatment. Breast Impressions also donates breast casting kit to women who have recently been diagnosed with breast cancer, and would like to make a casting of their own prior to surgery. Breast Impressions is a 501(c) (3) Non-Profit Organization. You can find Breast Impressions on the web at [www.BreastImpressions.com](http://www.BreastImpressions.com) or [www.myspace.com/busted4cancer](http://www.myspace.com/busted4cancer)

Did you know?

**Men Can and  
Do Get  
BREAST  
CANCER**

**The Pink Ribbon is  
for Men too!**

## Know The Facts

Men can get and do breast cancer too. Male breast cancer is rare, but it is possible. The overall incidence of breast cancer in men was 1.5 per 100,000, compared to 124 per 100,000 in women.

It is estimated that 2,030 men will be diagnosed and 450 men will die of breast cancer during 2007.

Many men do not realize that have breast tissue and that they can develop breast cancer. Until puberty, young boys and girls have a small amount of breast tissue consisting of a few *ducts* (tubular passages) located under the nipple and *areola*.

Like all cells of the body, a man's breast duct cells can undergo cancerous changes. Because women have many more breast cells than men do and perhaps because their breast cells are constantly exposed to the growth-promoting effects of female hormones, breast cancer is much more common in women. Men at any age may develop breast cancer, but it is usually detected in men between 60 and 70 years of age.

Now you know and here's what you can do! Awareness is the key to early detection and early detection saves lives!

## The Male Breast Self Exam

**Choose a date** once a month to do your exam. By using the date each time it will help you remember.

### Start in Your Bath or Shower

Run a warm shower or bath. Use soap or bath gel to create a soapy, slippery layer over your breast area. Well-soaped skin will be easier to examine, as it allows your fingers to slide along your skin without rubbing.

### Check Your Breast Texture

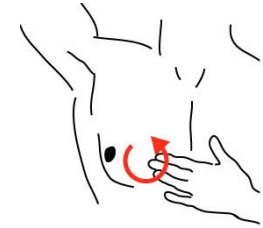


Raise your left arm over your head, and if possible, put your left hand on the back of your head. On your right hand, put your index finger, middle finger, and ring finger together as a group. You will use these three fingers to check your left breast. Check the texture of your left breast by starting at the outer edge. Place your three fingers flat onto your skin, press down and move in small circles. Repeat this all around your breast. Don't rush.



## The Male Breast Self Exam cont...

### Check Your Nipple



Check your nipple by gently squeezing it between your index and ring fingers. Look for any discharge, puckering, or retraction (pulling inward).

### Check Both Sides

Reverse your hands and check your right breast, using the same methods as Steps 3 and 4. Both breasts must be checked.

### Visual Examination

Rinse yourself off and dry with a towel. Stand before a mirror which is large enough for you to see both breasts. Take note of any asymmetry and skin changes (rash, puckers, dimples).

### How to Handle a Lump

Remember that most lumps in male breasts are due to gynecomastia which is a benign condition. In addition, 80% of all breast lumps are not cancerous. But if you feel any change that causes concern, see your doctor for a clinical breast exam.