Men Can Get Breast Cancer Too.
Find out more about it.

Remember
Don’t ignore the warning signs!
• See a doctor if you notice any change in your chest area, such as a lump or a change in your nipples.

We can’t prevent breast cancer. But if you do get breast cancer, it can make a difference if you:
• Find it early.
• Get treated right away.

Then you can be there for the important things in life!

Wayne Dornan
Komen Advocate in Science member and breast cancer survivor

“At first, I was embarrassed by my diagnosis... as if somehow it would be better if I had a “male form” of cancer. But I quickly decided that I would take this disease head-on. It would not define me or change the way I lived.”
Men can get breast cancer

Men don’t think of themselves as having breasts. For men, it’s their chest or their “pecs.” So it may come as a surprise to some men to learn they are at risk of breast cancer.

The fact is men do have breast tissue. Although rare, they can get breast cancer. In the U.S., more than 2,000 new cases of breast cancer are diagnosed in men and about 400 men will die from breast cancer each year.

You may be at risk

We don’t know exactly what causes breast cancer to develop or who will get it. But we do know there are some things that may put a man at higher risk, such as:

- Being older
- Having a BRCA2 gene mutation
- Having a family history of breast cancer
- Having gynecomastia (enlargement of breast tissue)
- Having Klinefelter’s syndrome (a genetic condition related to high levels of estrogen in the body)
- Being overweight or obese

Talk to a doctor to find out what else may put you at risk.

Don’t ignore it!

Most men don’t know they can get breast cancer.

They may:
- Ignore the warning signs that suggest something is wrong.
- Not tell a doctor what they’re feeling because they’re embarrassed or worried.
- Wait too long to get help.

Here’s what to look for:

Talk to a doctor if you have any of these warning signs. Don’t wait. Be sure to call if:

- You feel a lump, a hard knot or swelling in your chest area
- The skin on your chest dimples or puckers
- Your nipple pulls in toward your chest wall
- You see any redness or scaling on your nipple
- There is a discharge coming from your nipple

If you don’t have a doctor, call your health department, a clinic or nearby hospital.

Get the tests you need

If you have any of the warning signs, you may need to:

- Have your chest area checked by a doctor.
- Tell a doctor your medical history.
- Get an X-ray of your chest area.
- Have other tests, like an ultrasound or a biopsy. (An ultrasound uses sound waves to create a picture of your chest area. A biopsy is the removal of tissue to be tested.)

If Diagnosed

Don’t let the surprise of the diagnosis distract you from the seriousness of this disease. It is important to ask questions. Gather as much information as you can to help you make decisions about your treatment.

Treatment can help

If tests show you have breast cancer, you will need treatment. The kind of treatment depends on:

- The type of breast cancer you have.
- The stage of your breast cancer.

Treatment of breast cancer in men involves some combination of surgery, radiation, chemotherapy, hormone or targeted therapy.