

# Breast Cancer in Men

Most cases of male breast cancer are detected in men between the ages of 60 and 70, although the condition can develop in men of any age.

A man's lifetime risk of developing breast cancer is about one percent of all breast cancers.

Men account for about 1 percent of breast cancers reported in the United States -- or about 2,000 men who are diagnosed with breast cancer annually, with about 450 deaths due to male breast cancer occurring each year.



Two well known Black American men that have had breast cancer are actor Richard Roundtree and Senator Edward Brooke. Both men had double mastectomy surgery and chemotherapy.

- Men who have breast cancer usually discover the disease later than women, when the tumors are larger and the cancer has spread. Survival rates are not significantly different between men and women.
- Men with cancer were found to be older, more likely to have later-stage cancers that had spread to the lymph nodes, and more likely to have ductal and papillary cancers. It is more common in men who have:
- Several close members of their family (male or female) who have had breast cancer.
- A close relative diagnosed with breast cancer in both breasts, or diagnosed with breast cancer under the age of 40.
- Several members of the family with cancer of the ovary or colon may also increase a man's risk of developing breast cancer.

- African American men that have a strong family history of breast cancer can carry the BRCA-1 gene or have a higher risk for other cancers such as prostate cancer can pass the gene on to their children
- The treatment for men with breast cancer is the same as for women which includes lumpectomy, mastectomy, chemotherapy, radiation therapy, and hormone therapy.

The cause of breast cancer in men is not completely understood, but some men seem to be at higher than average risk of developing the disease.

While most male breast changes are due to benign (non-cancerous) abnormalities, such as gynecomastia (non-cancerous tissue growth), men should report any persistent breast changes to their physicians for clinical evaluation.

Unfortunately, many men ignore the warning signs of breast cancer. When men feel a hard lump or pain in their chest they think of it as a pulled muscle from too much exercise or lawn work.

If you or a man you know discovers a suspicious lump in his breast, tell him to do the really manly thing and get it examined and seek early treatment.

*I didn't want to believe it or say it was breast cancer, so I said it was "pec" (pectoral) cancer. (A male breast cancer survivor)*

**Sources:**

- <https://malebreastcancer.org/>
- <http://www.cancer.org/cancer/breastcancerinmen/detailedguide/breast-cancer-in-men-what-is-breast-cancer-in-men>
- <http://www.hisbreastcancer.org/>