



Edward W. Brooke

Former U.S. Senator and Breast Cancer Survivor

"I know that by talking about my own breast cancer I may help other men who are unaware that they may have this disease. It's my goal to raise awareness among men and their health care providers that breast cancer is not limited to women, and that early detection can save the lives of men whose breast cancer is found and treated early."



Check out our Message Boards at apps.komen.org/forums/

Our Men Can Get Breast Cancer Too forum offers men a place to share their experience with other male breast cancer survivors.



For more information, visit www.komen.org or call Susan G. Komen's breast care helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Friday, 9 AM to 10 PM ET.

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Men can get breast cancer too.

Find out more about it.



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 comes as a surprise to most men to find out 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., about 2,000 cases of breast cancer are diagnosed in men and more than 400 men will die from breast cancer each year.

You may be at risk.

We don't know what causes breast cancer or who will get it. But we do know that there are some things that may put a man at higher risk. Simply getting older puts you at risk.

Talk to your doctor to find out what else may put you at risk. It's a good idea to:

- Find out if you have a family history of breast cancer or a gene mutation.
- Talk to your doctor about any medical problems you may have, such as Klinefelter's syndrome, gynecomastia or a chronic liver disorder.
- Talk with your doctor if you are overweight or obese.

Even if you have more than one risk factor, you may never get breast cancer. And some men who have no risk factors, may still get it.



Don't ignore it!

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

- You may ignore the warning signs that tell you something is wrong.
- You may not tell your doctor what you are feeling because you are embarrassed or worried.
- You may wait too long to get help.

The key to beating cancer is finding it early and getting treated right away.

Here's what to look for:

Talk to your 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 a nearby hospital.

Get the tests you need.

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

- Tell your doctor your medical history.
- Have your chest area checked by a doctor.
- 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 where some tissue is removed to be tested.)

Treatment can help.

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

- What type of breast cancer you have.
- How early it is found.

The earlier it is found, the better! That way it can be treated before it spreads to other parts of the body.

Awareness is key!

Don't ignore the warning signs!

- Call your 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!

