

Fast Facts

Male Breast Cancer

- Rare
- Exact cause unknown
- Everyone is born with a small amount of breast tissue and, during puberty, women develop more, but men don't
- Breast tissue contains milk-producing glands, or lobules, ducts that carry the milk to the nipples and fat
- Two main types: Ductal carcinoma is the most common and starts in the milk ducts. Lobular carcinoma starts in the milk-producing glands (since men have less lobules than women, this is less likely to occur).
- Other types are extremely rare and include Paget's disease of the nipples and inflammatory breast cancer

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Painless lump in breast -Thickening of breast tissue -Changes to skin covering breast (ex. dimpling, puckering, redness or scaling) -Changes to nipple (ex. redness or scaling) -Nipple turns inward -Discharge from nipple 	<ul style="list-style-type: none"> -Lymph node biopsy -Radiation therapy -Hormone therapy -Chemotherapy -Surgery to remove cancerous tissue (possible mastectomy to remove all of the breast tissue, including your nipple and areola) -Talk to a friend or family member -Join a support group -Pray, meditate or use relaxation exercises -Do creative activities -Exercise 	<ul style="list-style-type: none"> -Lead a healthy lifestyle by eating well, exercise frequently, getting enough sleep and avoiding things that can be harmful, like smoking, alcohol and drugs -Know your family history -If you're at risk of developing male breast cancer, talk to your doctor about what you should do to minimize your risk

©2019 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.