

Male breast cancer

Breast cancer isn't just a woman's disease. A man's risk of developing breast cancer is 1 in 1,000—that's about 1% of all breast cancer cases. Like with any cancer, awareness and early diagnosis are important. Get to know some of the common symptoms and risk factors for male breast conditions. Early detection and diagnosis could save your life.

Symptoms

The most common signs of breast cancer are a lump or thickening of the breast. In men, most lumps are firm, do not cause any pain and are located just below the nipple.

Male breast cancer symptoms include:

- Breast lump
- Swelling
- Skin dimpling or puckering
- Nipple turning inward or indentation of the nipple
- Redness or scaling of the nipple or breast skin
- Nipple discharge (bloody or opaque)

Genetics and male breast cancer

Most genetic mutations related to breast cancer aren't inherited—instead they develop during your lifetime. However, hereditary breast cancer makes up about 5 - 10% of all breast cancers, in both men and women.

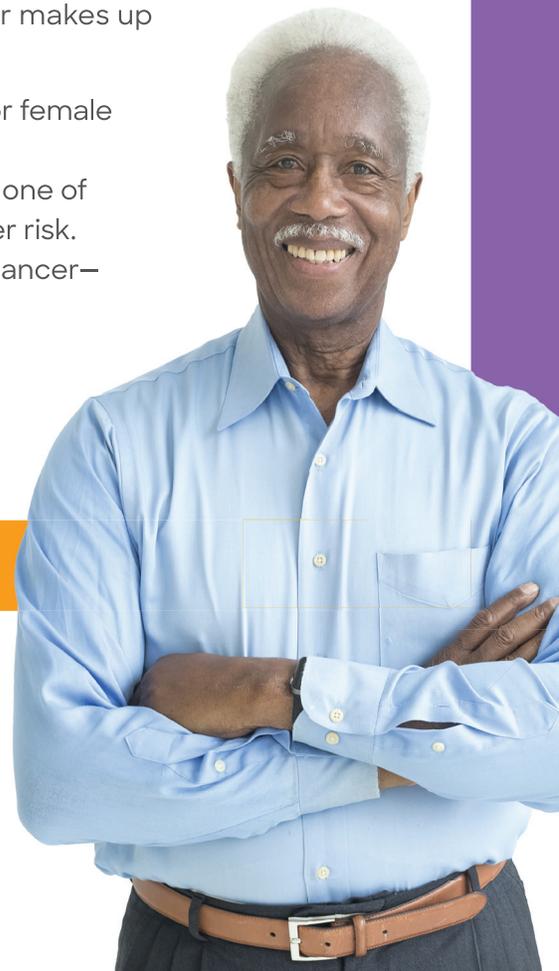
- About one in five men with breast cancer have a close male or female relative with the disease.
- In men, nearly 20% of breast cancers are inherited; defects in one of several genes, especially BRCA1 and BRCA2, put you at greater risk.
- Men with a BRCA2 mutation have a 6% lifetime risk of breast cancer—about 100 times more than other men.

If you have a family history of breast cancer, call **214.820.9600** for more information about genetic testing.

Other risk factors

In addition to genetic causes, these factors increase your risk of male breast cancer:

- Radiation exposure
- High levels of estrogen (from cirrhosis, liver disease or a genetic disorder)
- Age (most commonly diagnosed in men between ages 60 and 70)
- Excess weight
- Excessive use of alcohol





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