



Breast Cancer Awareness Month October



Male Breast Cancer

This has been referred to as the most embarrassing cancer of all. Most men are not aware that men can get breast cancer, but they do have breast tissue, and although it is rare, men can get breast cancer.

WHAT ARE THE EARLY WARNING SIGNS?

- A painless lump in the breast
- Swelling of the breast
- Retracted nipple
- Nipple discharge

See your doctor about any of these warning signs. Let him or her decide whether it is serious or not. It's better to be safe than sorry.

The diagnosis and treatment is similar to that for female breast cancer.

- Early detection saves lives -

Most women know that if they find a lump in their breast, they should go to the doctor, stat. But most men don't, and late diagnosis affects the outcome for breast cancer patients.



The Breasts Are Different, But Is the Cancer the Same?

Breast cancer in men is very much like breast cancer in postmenopausal women. The median age of diagnosis in men is between 67 and 70; in postmenopausal women, it's 62. Men's breast cancer is often fuelled by oestrogen, which men also produce.

"The similarities are pretty striking,"

Doctors extrapolate what they know about women's cancers to treat men with breast cancer. Survival rates suggest that the approach works, but with numbers so small, there's room for debate.

Rates of breast cancer in men have been rising consistently since the 1980s, even though rates in women began to fall about 10 years ago, according to Dr. David Michael Euhus, chief of the breast surgery section at Johns Hopkins University.

Men often delay seeking treatment because they aren't aware that lumps in their chest or changes to their nipples are a serious matter. They certainly don't look for lumps in the regular self-examinations that women are instructed to do.

Dr Euhus puts it this way: "Men ignore these lumps until they're big enough to hang your hat on."

As a result, men's breast cancer is generally found at a later stage than women's. More than 40 percent of male patients are diagnosed with stage 3 or 4 cancers, according to a 2006 study published in the Lancet.

