

Male Breast Cancer: Taking Control

Male breast cancer is a rare but serious disease. According to the National Cancer Institute, approximately 2,650 men will be diagnosed with breast cancer in the United States in 2023.



Male Breast Cancer: Taking Control by John Boyages

★★★★★ 5 out of 5

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The risk of developing male breast cancer increases with age, and most cases are diagnosed in men over the age of 60. However, male breast cancer can occur at any age.

Symptoms of Male Breast Cancer

The most common symptom of male breast cancer is a lump or swelling in the breast. Other symptoms may include:

- Pain or tenderness in the breast
- Nipple discharge
- Inverted nipple

- Skin changes, such as redness, swelling, or scaling
- Lumps in the armpit

If you experience any of these symptoms, it is important to see your doctor right away.

Diagnosis of Male Breast Cancer

To diagnose male breast cancer, your doctor will perform a physical examination and ask about your medical history. He or she may also Free Download one or more of the following tests:

- **Mammogram:** A mammogram is an X-ray of the breast that can help identify lumps or other abnormalities.
- **Ultrasound:** An ultrasound uses sound waves to create images of the breast. This test can help distinguish between solid and fluid-filled lumps.
- **Biopsy:** A biopsy is a procedure in which a small sample of tissue is removed from the breast and examined under a microscope. This test is the only way to definitively diagnose male breast cancer.

Treatment Options for Male Breast Cancer

The treatment options for male breast cancer depend on the stage of the disease.

Treatment options for early-stage male breast cancer may include:

- **Surgery:** Surgery is the most common treatment for early-stage male breast cancer. The type of surgery performed will depend on the size

and location of the tumor.

- **Radiation therapy:** Radiation therapy uses high-energy X-rays or other forms of radiation to kill cancer cells. Radiation therapy may be used before or after surgery, or as a standalone treatment.
- **Chemotherapy:** Chemotherapy uses drugs to kill cancer cells. Chemotherapy may be used before or after surgery, or as a standalone treatment.

Treatment options for advanced-stage male breast cancer may include:

- **Hormonal therapy:** Hormonal therapy uses drugs to block the effects of hormones that can promote the growth of breast cancer cells.
- **Targeted therapy:** Targeted therapy uses drugs that target specific molecules that are involved in the growth of breast cancer cells.
- **Immunotherapy:** Immunotherapy uses drugs to boost the body's own immune system to fight cancer cells.

Support Resources for Male Breast Cancer

If you have been diagnosed with male breast cancer, there are a number of resources available to help you cope with the disease and its treatment.

These resources include:

- **The American Cancer Society:** The American Cancer Society provides information and support to people with cancer and their families. You can contact the American Cancer Society at 1-800-227-2345 or visit their website at [cancer.org](https://www.cancer.org).

- **The National Cancer Institute:** The National Cancer Institute provides information and support to people with cancer and their families. You can contact the National Cancer Institute at 1-800-422-6237 or visit their website at cancer.gov.
- **Male Breast Cancer Coalition:** The Male Breast Cancer Coalition provides information and support to men with breast cancer and their families. You can contact the Male Breast Cancer Coalition at 1-800-627-1723 or visit their website at malebreastcancercoalition.org.

Male breast cancer is a serious disease, but it is important to remember that there is hope. With early diagnosis and treatment, most men with breast cancer can live long and full lives.

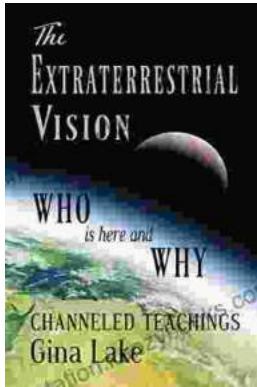


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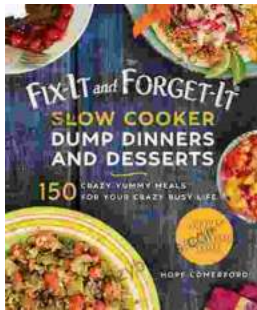
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