



Does breast cancer occur in men? Yes, although rarely.

- Breast cancer may occur in men as malignant cell growth in the male breast tissue and associated lymph nodes.
- Male breast cancers are often diagnosed at a greater extent of spread to adjacent tissue than for women because of anatomical differences and, commonly for men, lack of symptom recognition and/or timely seeking of medical help.
- Types of male breast cancers are like those found in women, and may similarly be diagnosed at a non-invasive or further advanced stage of invasion. Cancer types include ductile carcinomas, inflammatory breast cancer, and Paget disease of the nipple. However, lobular carcinoma in situ has not been shown to occur in men.
- The majority of male breast cancers occur in men above age 60.



Male Breast Cancer Facts:

The American Cancer Society estimates for breast cancer in men in the United States for 2018, there are:

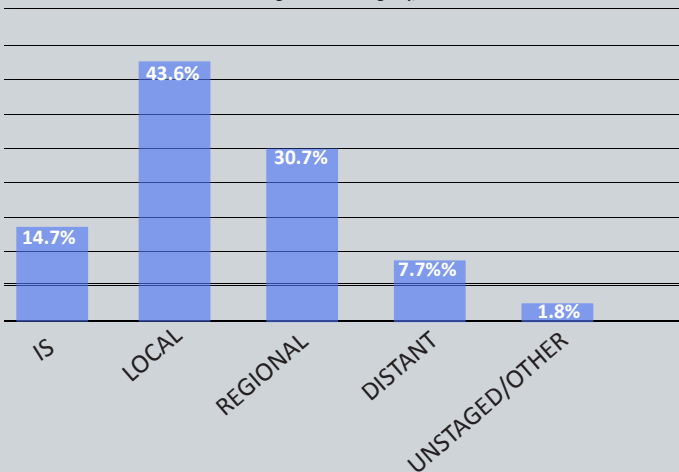
- About 2,550 new cases of invasive breast cancer will be diagnosed
- About 480 men will die from breast cancer
- For men, the lifetime risk of getting breast cancer is about 1 in 833.

Male Breast Cancer Incidence and Mortality Rates by Race, VA 2011-2015

	Mortality		Incidence	
	Rate	Count	Rate	Count
White	0.3	50	1.4	227
Black	0.6	20	2.4	86
All races	0.4	71	1.6	326

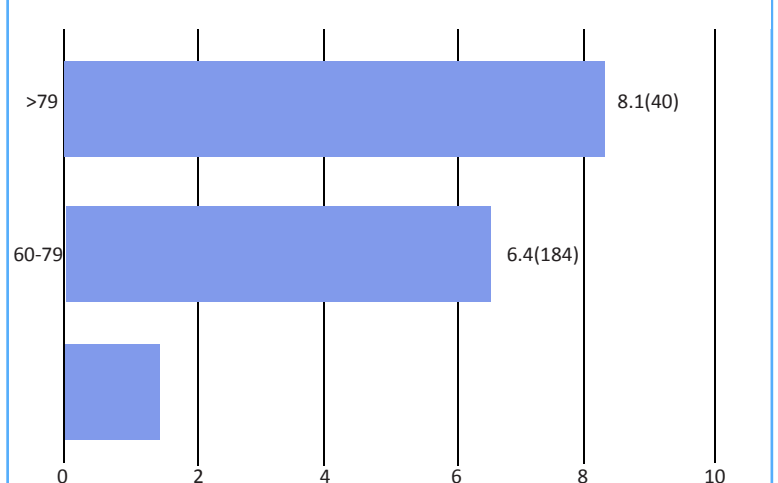
Male Cancer Incidence Percentage by Dx stage, VA 2011-2015

Data Source: Virginia Cancer Registry, VA 2011-2015

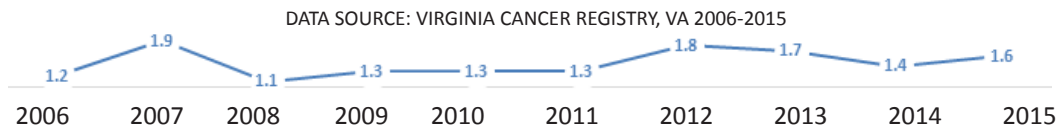


Male Cancer Incidence Rate (Counts) by Age VA 2011-2015

Data Source: Virginia Cancer Registry, VA 2011-2015



MALE BREAST CANCER INCIDENCE RATE (PER 100,00) TEND, VA 2006-2015



While there is no known way to prevent male breast cancer, the best way to ensure good health, and survival should cancer occur, would be to reduce any behavioral risks and seek early medical attention and prompt treatment if any symptoms appear. If a diagnosis of cancer is positive, a managing physician or oncologist will devise a treatment plan that will be most beneficial.

What Are Our Risks?

Some potential causes (uncontrollable or controllable) of breast cancers to occur in men are exposure to environmental hazards or behavioral risks, genetic abnormalities, and natural hormone levels within the body. The following notable factors increase the risk that cancer may occur:

1. Advanced age
2. Family history of breast cancer
3. Having undergone radiation exposure to the chest
4. Having had any disease or treatments that alter natural estrogen levels
5. Having a mutation in a gene such as BRCA2

What Are the Symptoms to Look For?

For men, the most prevalent symptom of breast cancer is the presence of one or more subcutaneous lumps in the breast anatomy. Pain may or may not be associated with such lumps. Other noticeable symptoms may be skin changes such as dimpling, puckering, redness, and nipple changes like inversion, redness, scaling or unusual fluid discharge.

How Can Male Breast Cancer Be Diagnosed?

One or more of these procedures may be done to diagnose cancer:

1. Clinical examination by a physician
2. Imaging such as a Mammogram, Ultrasound, or an MRI to determine tumor location and size
3. Tissue biopsy sampled either through a hollow needle or by surgical removal to test for the type of cancer in the tumor
4. Testing the tissue sample for estrogen-receptor and progesterone-receptor status and HER2/neu gene amplification

What Medical Treatments Are Available?

Generally, treatments for male breast cancer would include surgical removal of the tumor with or without radiation therapy and/or chemotherapy, which may also be given separately. Hormone therapy may be given to treat more advanced or metastatic stages of cancer.

References:

1. <https://www.cancer.org/cancer/breast-cancer-in-men/about/key-statistics.html>
2. VA Rate (Incidence): Virginia Cancer Registry. Based on combined 2011-2015 data. VA Rate (Mortality): VDH Division of Health Statistics. Based on combined 2011-2015 data. Both rates are age-adjusted to the 2000 U.S. standard population.
3. <http://www.vdh.virginia.gov/virginia-cancer-registry/>
4. <https://www.cancer.gov/types/breast/hp/male-breast-treatment-pdq>
5. <https://www.cancer.gov/types/breast/patient/male-breast-treatment-pdq>
6. <https://www.cancer.org/cancer/breast-cancer-in-men/detection-diagnosis-staging/signs-symptoms.html>