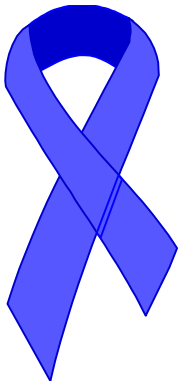


## Controlling your risk: Breast Cancer in Men

Breast cancer occurs in men, too! In 2001...

- 1,500 new cases were diagnosed in men.
- 400 men died of the disease.

### Your risk increases ...



- with age. Most cases in men are after age 64.
- with a family history of breast cancer, especially with a BRCA2 gene mutation.
- if you have Klinefelter's syndrome, a genetic problem that results in very small testicles.
- with radiation exposure to your chest, usually for treatment of other types of cancer.
- with a serious liver problem like cirrhosis.
- if you took estrogen (female hormones) for treatment of another problem.
- if you are obese or physically inactive.

### Breast mammography ...

is effective in men, but is not ordered routinely.

**BSE** - breast self exam and **CBE** - clinical breast exam may be recommended if you are at increased risk for breast cancer.

**BSE:** If recommended by your provider, check your breasts every month for

- painless lumps around the nipple.
- discharge from your nipples.
- breast changes such as dents or dimples.

Talk to your provider within 1 month of finding any breast changes.

**CBE:** If you are at increased risk, your provider may examine your breasts each year as a part of your regular check-up.

**Lifestyle matters!** To lower your risk...



Eat more vegetables and fruits, and less saturated, hydrogenated and trans-fat.  
Avoid gaining weight.

Limit alcohol to no more than 2 drinks daily.  
Binge drinking is not a good idea.



Walk or do other physical activities for at least 150 minutes every week.