

Men can get breast cancer too

Men don't think of themselves as having breasts. For men, it's their chest or their "pecs." So it may come as a surprise to learn men are at risk of **breast cancer**. The fact is men have breast tissue and can get breast cancer.

- More than 2,700 men in the U.S. will be diagnosed with breast cancer in 2022.
- Up to 40 percent of breast cancers in men in the U.S. may be related to **BRCA2 mutations**.
- About 9 percent of men in the U.S. have metastases when they are first diagnosed with breast cancer.
- In 2022, more than 500 men in the U.S. will die from breast cancer.

Don't ignore it!

Most men don't know they can get breast cancer. They may:

- Not tell a doctor because they're embarrassed or worried.
- Ignore the warning signs that suggest something is wrong.
- Wait too long to get help.

You may be at risk

We don't know what causes breast cancer to develop or who will get it, but what we do know is there are some things that may put a man at higher risk, such as:

- Older age
- **BRCA 1/2** gene mutations
- Family history of breast cancer
- **Gynecomastia** (enlargement of breast tissue)
- Klinefelter's syndrome (a genetic condition related to high levels of estrogen in the body)
- Being overweight or obese

Talk to a doctor about your risk of breast cancer. Even if you have more than one risk factor, you may never get breast cancer. And men who have no known risk factors can still get it.



"My husband, Lee Giller, lived with breast cancer for nearly 12 years. Throughout his battle, we would encounter people who did not know men could also be afflicted with this disease. Some would even laugh at the notion. It was Lee's candor and courage that helped educate people that anyone can get breast cancer. He never felt any shame or embarrassment about having what so many still think of as only a woman's disease.

We walked together in 18 Susan G. Komen 3-Day events and raised more than a half million dollars to help fight breast cancer and raise awareness about the risk for men. These events were inundated with women, but Lee humbly became the face and voice for male breast cancer. Our team was known as "Breast Man Walking" with the tagline "Rare but Real" emblazoned on our shirts. As we marched shoulder-to-shoulder with fellow warriors, our message served as an important reminder.

We lost Lee at the age of 59, but his legacy remains. Thanks to Susan G. Komen, we created "The Lee Giller Male Breast Cancer Fund". This partnership will help educate people to make informed breast cancer decisions for themselves and as they advocate for others. Lee's example of eternal hope will continue to be a beacon of light for all who knew and loved him." – Kathy Giller

This resource is funded in part by the Lee Giller Male Breast Cancer Fund komen.org/LeeGillerFund

This fact sheet is intended to be a brief overview. For more information, visit komen.org or call Susan G. Komen's Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Friday, 9 a.m. to 10 p.m. ET, or email at helpline@komen.org. Se habla español.

MALE BREAST CANCER

Find out more.

Resources:

Susan G. Komen®

1-877 GO KOMEN
(1-877-465-6636)

komen.org

Sharsheret

Sharsheret.org/breast-cancer/for-men/

Breastcancer.org

Community.breastcancer.org/forum/51

Related online resources:

- [Mission Moment – Breast Cancer in Men](#)
- [Breast Cancer 101 – Specific Populations: Men](#)
- [Questions to Ask Your Doctor:](#)
 - [When breast cancer is diagnosed](#)
 - [Inherited genes and breast cancer risk](#)
 - [Breast biopsy](#)

Komen Facebook Groups

- [Komen Breast Cancer Facebook group](#)
- [Komen Metastatic Breast Cancer Facebook group](#)

These groups provide a place where those with a connection to breast cancer can discuss each other's experiences and build strong relationships to provide support to each other.

Here's what to look for:

Any change in the breast or nipple can be a warning sign of breast cancer. Talk to a doctor if you have any of these warning signs:

- You feel a lump, a hard knot or swelling in your breast, chest or underarm area
- The skin on your chest dimples or puckers
- Your nipple pulls in toward your chest wall
- You see any redness or scaling on your nipple
- There is a discharge coming from your nipple

If you notice any changes to your breast, chest or nipple see a doctor right away. Tell your doctor about your medical history. They may check your chest. You may also get a [mammogram](#). You may have other tests like an [ultrasound](#) or a [biopsy](#).

If you're diagnosed with breast cancer

Don't let the shock of the diagnosis distract you from the seriousness of this disease. [Ask questions](#).

Gather as much information as you can to help you make decisions about your treatment.

All men diagnosed with breast cancer should talk with their doctor about [genetic testing](#).

Treatment can help

If tests show you have breast cancer, you will need [treatment](#). Your treatment will depend on:

- The type of breast cancer you have.
- The stage of your breast cancer.



Treatment involves some combination of surgery, radiation, chemotherapy, hormone therapy, HER2-targeted therapy or other drug therapy.

Getting treatment early can help make sure you're there for the important moments in life.

You're not alone

Many men have been where you are today. It may help to talk with others. Your doctor can help you find a [support group](#) for yourself or your loved ones. The [Komen Breast Care Helpline](#) can also help you find resources in your area. Call 1-877 GO KOMEN (1-877-465-6636) or email helpline@komen.org.

Remember

Don't ignore the warning signs!

See a doctor if you notice any change in your chest area, such as a lump or a change in your nipples.

Breast cancer can't be prevented, but if you're diagnosed, it can make a difference if you:

- Find it early.
- Get treated right away.

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