



The Risk for Men

October is Breast Cancer Awareness Month, and while the focus is often on women, it's crucial to remember that breast cancer can also impact men. Although male breast cancer accounts for less than 1% of all breast cancer cases, men should be aware of their risk.

Men share many of the same risk factors as women, including age, family history, and genetic mutations. However, additional factors such as testicular conditions, liver disease, and obesity can also elevate risk.

Key Statistics:

- About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Male breast cancer is most commonly diagnosed in men between the ages of 60 and 70.
- About 30% of male breast cancer cases are found at an early stage

Men should be aware of the symptoms of breast cancer, which can include:

- A lump or swelling in the breast or underarm.
- Nipple retraction or discharge.
- Skin dimpling or redness.

Importance of Early Detection

Just like with women, early detection is key to improving survival rates in men. Regular self-examinations, awareness of changes, and prompt consultations with healthcare providers can make a significant difference.

***Source: Statistics cited were gathered from CDC, as well as research from an article in *Annals of Internal Medicine* by Drs. Sharon H. Giordano; Aman U. Buzdar; and Gabriel N. Hortobagyi.**