

*The Fight Pink Report*TM

Men Get Breast Cancer Too!

June 2009

The American Cancer Society estimates that in 2008 some 1,990 new cases of invasive breast cancer will be diagnosed among men and about 450 men will die from breast cancer in the United States. Breast cancer is about 100 times less common among men than among women and accounts for less than half of 1% of cancer deaths among men. For men, the lifetime risk of getting breast cancer is about 1/10th of 1% (1 in 1,000). The number of breast cancer cases in men relative to the population has been fairly stable over the last 30 years.

The prognosis (outlook) for men with breast cancer was once thought to be worse than that for women, but recent studies have not found this to be true. Based on looking at each stage, the survival rates are about equal. In other words, men and women with the same stage of breast cancer have a similar outlook for survival.

One in every 100 breast cancer cases is a man. It's unusual, unnoticed, and ignored, and too often results in a cancer that becomes deadly.

All men are potentially at risk, and should

begin doing breast self-exams, checking for unusual lumps beneath the nipple. If a malignant lump is found, local breast removal may be recommended.

Male breast cancer is relatively rare, but when it exists there is increased risk of the disease showing up in female offspring.

Three recent cases of breast cancer occurring in young daughters of Danish men with the disease was reported in *The Lancet*. Researchers say other data from the Swedish Family Cancer Database found 11 breast tumors in daughters of 463 men with breast cancer. There were no cases where sons of men with breast cancer got the disease.

The researchers say familial breast cancer in men closely resembles female breast cancer in magnitude of risk and early onset. This means the relative risk of daughters getting the disease goes down with age.

Survival of men and women is comparable by stage of disease at the time of diagnosis. However, men are usually diagnosed at a later stage, after the cancer has spread, because they are less likely to report any symptoms.



Treatment of breast cancer in men is the same as treatment for women patients and usually includes a combination of surgery, radiation, chemotherapy, and/or hormone therapy. Report any changes in your chest/breast area to your medical professional.

Which men are most at risk?

- Over 65
- African-American
- Those exposed to radiation therapy
- Those with family history of breast cancer
- Klinefelter's syndrome, 47, XXY or XXY syndrome is a condition in which males have an extra X sex chromosome. While females have an XX chromosomal makeup and males an XY, affected individuals have at least two X chromosomes and at least one Y chromosome.
- Gynecomastia - the development of abnormally large mammary glands in males resulting in breast enlargement.
- Testicular dysfunction

Support Resources

- [John W. Nick Foundation, Inc.](#)
 - **MALE BREAST CANCER HOTLINE**
 - **772.589.1440 or 866.222.4441**
- American Cancer Society www.cancer.org
1.800.227.2345
- Cancer Care www.cancercare.org
1.800.813.4673
- National Cancer Institute www.cancer.gov
1.800.422.6237



Your Personal Promise™

**Getting the most out of making a Difference,
Ordinary people doing extraordinary things!**

Your Personal Promise™

Whether a survivor or an activist, contact Fight Pink™ for details on how to submit "Your Personal Promise™" on how **you** are saving lives and helping to end breast cancer forever!

We are looking for real women and men who are survivors, activists, and want to contribute to the Fight Pink™ cause. We will post Your Personal Promise™ story; tell us how you are getting the most out of making a difference!

We take the stories put into our hands and from them build a bridge into other less informed lives, so that daily we pass over it on errands of education and awareness for the purpose of saving lives!

My "Personal Promise" to stop the destruction and devastation caused by breast cancer.

My Mission is twofold one is to get the public to know that Men **can** get breast cancer, the other is for doctors to let their patient's know that they need to check if they have a history in their family.

My mother is a 25 year survivor, she also had a mastectomy. I am currently going through genetic testing but at this time everything points to genetics, I am from Ashkenazi Jew decent.

Since all of this as you can imagine many things go through your head when they say "you have cancer". I have made it my mission to raise awareness, if I can help one gentleman find it sooner.

Male breast cancer only accounts for 1% of all breast cancer, but that amounts to just over 2000 a year, the mortality rate is much higher than women 25% of men diagnosed with breast cancer



do not make it.

I have been on local channel 13 (CBS affiliate) I have also been in local papers. I have setup a nonprofit and a ribbon. I have contacted [Susan G Komen](#), [American Cancer Society](#) and [The Nick Foundation](#). I currently have talks scheduled and I help others that are diagnosed, and help them through the process.

I love to tell my story and I believe in helping to raise awareness because the public is aware of their health now more than ever.

Robert

Fight Pink™



Masquerade

I see my struggle when I look in the mirror
At my body, sore and tender

Yet another dose of reality making it all seem clearer
My strength tested for as long as I can remember
I rely on my strong sense of pride

And with my head held high and proud
I challenge this journey with mighty stride

To escape the curse of this painful shroud
As time goes on we hold fast to our stand
With our voices soaring high

The end of this masquerade is close at hand

Our fight continues- another day going by
It doesn't discriminate so I'm as strong as I can
The silence is over from your fellow Man.

-- Dan McOlvin,
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