UNDERSTANDING MALE BREAST CANCER

OUR MISSION

The Breast Cancer Charities of America exists to eliminate breast cancer as a life-threatening illness. We bring together organizations representing all health and social service disciplines in the commitment to establish new and unprecedented levels of effectiveness in research, education, advocacy and support. BCCA is the only non-profit bringing the ‘integrated cancer care’ message to women of America.

iGoPINK

8505 Technology Forest Place, Suite 604
The Woodlands, TX 77381
CFC # 18746

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Male Breast Cancer: Know the Risk Factors

OLDER AGE  Most common in men ages 60 to 70.

EXPOSURE TO ESTROGEN  If you take estrogen-related drugs, your risk of breast cancer is increased. Estrogen drugs may also be used in hormone therapy for prostate cancer.

FAMILY HISTORY OF BREAST CANCER  If you have a close family member, no matter the gender, with breast cancer, you have a greater chance of developing the disease.

KLINEFELTER’S SYNDROME  This genetic syndrome occurs when a boy is born with more than one copy of the X chromosome. Klinefelter’s syndrome causes abnormal development of the testicles. As a result, men with this syndrome produce lower levels of certain male hormones (androgens) and more female hormones (estrogens).

LIVER DISEASE  If you have liver disease, such as cirrhosis of the liver, your male hormones may be reduced and your female hormones may be increased. This can increase your risk of breast cancer.

OBESITY  Obesity may be a risk factor for breast cancer in men because it increases the number of fat cells in the body. Fat cells convert androgens into estrogen, which may increase the amount of estrogen in your body and, therefore, your risk of breast cancer.

RADIATION EXPOSURE  If you’ve received radiation treatments to your chest, such as those used to treat cancers in the chest, you’re more likely to develop breast cancer later in life.

VITAMIN D  Clinical trials of vitamin D in women have shown a reduction of breast cancer incidence of up to 77-percent. It is believed the same reduction applies to men. Supplement your diet with 5,000 IU of vitamin D each day.

EXERCISE  Start slow and work your way up. Aim for five (5) hours per week.

STRESS MANAGEMENT  If you believe in the mind/body connection, meditation and meditative prayer is a quiet activity that helps you clear your mind of distracting thoughts. You can meditate on your own or receive guidance from an instructor.

RELAXATION EXERCISES  Relaxation exercises help refocus your mind and help you relax. Relaxation exercises include guided imagery and progressive muscle relaxation. You can do relaxation exercises on your own, with an instructor or by listening to a recording that guides you through the exercises.

PREVENTION
To reduce your risk of being diagnosed with male breast cancer you can:

SUPPLEMENT WITH VITAMIN D  2,000 IU per day.

DRINK ALCOHOL IN MODERATION, IF AT ALL  Limit yourself to a drink or two a day.

MAINTAIN A HEALTHY WEIGHT  If your weight is healthy, work to maintain it by exercising most days of the week. If you’re overweight or obese, work to lose weight slowly. Ask your doctor about strategies to lose weight.

EAT A PLANT  Emphasize fruits and vegetables in your diet. Exercise Daily. Increase your exercise time to at least five hours per week.