

MALE BREAST SELF-EXAM

Did you know that breast cancer can occur in men? Although it is not nearly as common as in women, it's just as serious.

In fact, men with breast cancer live two years less than women affected by the disease because most men don't realize that they can get breast cancer, too.

Approximately 2,550 new cases of invasive breast cancer are expected to be diagnosed in men each year. A man's lifetime risk of breast cancer is approximately 1 in 1,000.

RISK FACTORS

The following factors are associated with an increased risk of male breast cancer:

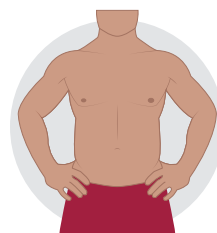
- Men who carry a *BRCA1* or *BRCA2* gene mutation
- Men with a history of lymphoma and chest wall radiation
- Family members who have had breast cancer or another form of cancer
- Men who have received estrogen treatment or radiation exposure

Signs of breast cancer in men include breast lumps, inverted nipples, changes in the skin around the nipple and enlarged lymph nodes in the armpit.

In addition to performing a monthly self-exam, men at risk for breast cancer also can receive mammogram screenings in selected cases. For more information, talk with your doctor.

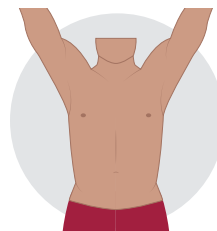


SELF-EXAM INSTRUCTIONS



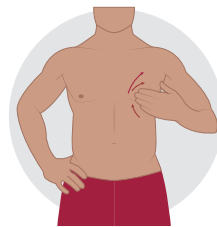
STEP 1

Stand in front of a mirror with your arms on your hips to tighten your chest muscles and inspect yourself. Look for any changes such as a lump, misshapen breasts or nipple abnormalities.



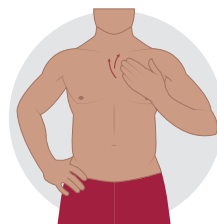
STEP 2

Raise your arms above your head and continue to examine your breast and armpit areas.



STEP 3

Using mild pressure, move your fingertips around the breast in a circular motion starting with the nipple and extending outward. In addition, feel for enlarged lymph nodes in the armpit.



STEP 4

Extend your exam up to the collarbone and down to the lowest rib. Complete on both breasts.