Male Breast Cancer

Angie Blose
ahale42@yahoo.com
When you think of breast cancer do thoughts of millions of men and women suffering come to mind? Do you wonder how many lives it takes or fashioned that it’s a disease affecting women? It’s a disease that affects men as well. The difference is in the way it is perceived and treated. In this article, we will explore the disease of male breast cancer, its symptoms, diagnosis, treatment, and prevention.

**Introduction**

In recent years, male breast cancer has become a subject of increased awareness and research. This is partly due to the increased visibility of breast cancer awareness campaigns and the growing understanding of the genetic and hormonal factors that contribute to the development of the disease in men. Male breast cancer is often diagnosed later than in women due to a lack of awareness and stigmatization of the disease. However, with increased awareness and research, there has been a growing understanding of the disease and its management.

**Men’s Breast Cancer**

- According to the American Cancer Society (2016), 2,870 men will be diagnosed with breast cancer (MBC) and at least 500 of them will lose their lives to this disease.

**Risk Factors**

- **Increased levels in the hormone estrogen**
- **Family history of breast cancer**
- **Genetic predisposition of the BRCA gene**
- **Age**
- **Men diagnosed with Klinefelter’s syndrome**
- **Lobster**
- **Obesity**
- **Tobacco disease or surgery**

**Additional Resources**

- Male breast cancer.

**Table 1**

<table>
<thead>
<tr>
<th>Signs and Symptoms</th>
<th>Description</th>
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<tbody>
<tr>
<td>Breast lump</td>
<td>A firm, painless mass in the breast that does not move when the breast tissue is handled.</td>
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<tr>
<td>Pain in the breast</td>
<td>A constant or intermittent pain in the breast.</td>
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<tr>
<td>Redness of the breast</td>
<td>A reddening of the breast skin.</td>
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<tr>
<td>Skin changes</td>
<td>Changes in the appearance of the breast skin, such as dimpling or puckering.</td>
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**Diagnosis**

- **Accurate diagnosis**
- **Breast cancer in males**
- **Breast cancer diagnosis**
- **Primary care providers**
- **Healthcare providers**

**Pathophysiology**

- **Both men and women have breast tissue and cells that have the potential to develop into breast cancer.**

**Significance of pathophysiology**

- **Male breast cancer has a higher mortality rate than women due to the rarity of the diagnosis, as well as the delay in which it is usually diagnosed in men.**

**Nursing Implications**

- **Advanced practice nurses (APNs)**
- **Need to understand and prepare to provide education to patients and families diagnosed with MBC.**

**Conclusion**

- Provided an overview of male breast cancer and its management.

**References**


**Additional Resources**

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