



# Male Breast Cancer

## FACTS

- While women make up the majority of breast cancer cases, **men also have breast tissue** and can develop breast cancer as well.
- Men account for fewer than **1% of breast cancer** cases in the U.S. each year, and most are diagnosed between the ages of 60 and 70.
- **Some men don't know they can get breast cancer and may ignore lumps.** A delay in diagnosis could allow the cancer to grow and spread before it is found and treated.
- Most breast cancers in men begin in the cells that line the ducts (ductal carcinomas).
- When breast cancer is **detected early** and has not spread outside the breast, the 5 year relative survival rate is **97%**.

## ABOUT US

**Our mission** is to reach all people impacted by cancer - those diagnosed, their loved ones, and caregivers - so **that no one faces cancer alone.**

All our programs and services are FREE to our members.

## FAQ

- **Symptoms of breast cancer** include: a lump in the breast area, fluid discharge, nipple turning inward, breast skin changes including, thickening, dimpling, puckering, or scaling.
- **Breast cancer screenings** are recommended for men who have a strong family history of breast cancer or an inherited gene mutation (BRCA1 or BRCA2).
- The **psychological burden** on men with breast cancer is substantial and finding essential, emotional support is critical.
- You can **cope with the emotional and social effects** of breast cancer by participating in support groups, mindfulness and wellness activities, and educational programs - which we **offer for free** here at **Crossroads4Hope.**

## OUR FREE SERVICES

- **MyGo2Support:** our mobile engagement program
- Individual and group **support groups**
- Mindfulness Programs including: **yoga, meditation, T'ai Chi Chih**
- **Nutritional Classes**
- **Health Champions Program**