



## MEN'S BREAST HEALTH TIPS

### THE FACTS

Men do have breast tissue and although rare, men can and do get breast cancer, too.

This year in the U.S., more than 2,620 men will be diagnosed with breast cancer and more than 520 men will die from breast cancer.

### THE DISPARITIES

Men often get diagnosed at later stages when the outcome is worse because men are less likely to report symptoms or talk to a doctor due to shame, lack of education and awareness.

Black men have the highest breast cancer rates - 52% higher than white men.

Black men also die more from breast cancer than white and Hispanic men.

### OUR MISSION

We are on a mission to save lives! We know survival is highest when breast cancer is found early.

That's why DC Pink Divas partners to educate and empower our men to "rock pink" by taking action to know their risk, know the signs, get healthy and to talk to their doctor.

### KNOW YOUR RISK

It's not clear what causes male breast cancer. However, some things may increase a man's risk:

- Older age
- Exposure to estrogen (estrogen-related drugs)
- Family history of breast cancer
- Gynecomastia (enlarged male breast tissue)
- Klinefelter Syndrome (male chromosome disorder)
- Liver disease (such as cirrhosis of the liver)
- BRCA 1/2 gene mutations
- Obesity (can increase levels of estrogen)
- Testicle disease or surgery

### GET HEALTHY

Get active, exercise, maintain a healthy weight and make healthy lifestyle choices.

### KNOW THE SIGNS

If you experience changes in your underarm or chest area, talk to a doctor if you have a:

- Lump, hard knot, thickening that sometimes can be tender and/or painless
- Change in size, shape or swelling
- Dimpling or puckering
- Nipple pulling in toward chest
- Redness or scaling on nipple
- Discharge coming from nipple
- Itchy, scaly sore or rash on nipple

### TALK TO YOUR DOCTOR

Don't wait! Talk to your doctor about your health history, risk or changes in your chest or underarm.

Contact DC Pink Divas at [pinkdivas@irisimpact.org](mailto:pinkdivas@irisimpact.org) or your local health department, clinic or hospital.



"Don't think it can't happen to you because I am a living example that it can. If you see or feel anything abnormal, whether it is a lump or discharge from your nipple, get it checked. The earlier the better. It may save your life."

- Rudi Jackson  
Breast Cancer Survivor

**MEN GET BREAST CANCER TOO.**

**DC Pink Divas**  
educate empower impact  
#RealMenRockPink