

Supporting Male Breast Cancer Patients & Their Families

Experiencing breast cancer as a male can look and feel different. Especially if you are a male breast cancer patient.

About every 1 in 100 breast cancer occurrence are diagnosed in men. Educate yourself on predictors, risk reduction, and the ways you can best maintain your current life balance during this journey.



Know Your Risk of Male Breast Cancer

- Inherited gene mutations
- Older age - 60+ years old
- Estrogen exposure - hormonal therapy from prostate cancer
- Breast cancer in family history
- Obesity
- Liver disease
- Testicular surgery or disease
- Klinefelter's syndrome (a genetic disorder)
- Radiation
- Most common are BRCA 1 & 2 which increase a man's risk for breast cancer as well as others, like prostate and pancreatic cancer
- The CDC also lists conditions that affect the testicles as risks for male breast cancer i.e. Injury to, swelling in, or surgery to remove the testiclesgbc

Common Symptoms of Male Breast Cancer:

- Thickening of breast tissue
- Lump in breast area
- Changes in skin on or around the breast
- Changes in the nipple
- Discharge of the nipple



TIGER TIP:

- Don't put off making an appointment with your doctor. Being proactive can change the outcome.
- Work with your physician to navigate the stigmas about breast cancer being a "woman's" disease, your quality of life, and the mental health implications of this diagnosis depend on it.

(Source: Mayo Clinic)



What Does It Mean To “Provide”? Challenging The Stigma...

- Financially providing for your family, isn't the only way to provide.
- You don't have to be strong 100% of the time.
- Take care of your mental health.
- Identify your support system. Let your support system help you.
- Provide meaningful experiences that create memories with your loved ones.
- Don't be afraid to talk to your family, a friend, caregiver, healthcare provider, therapist or support group about how you feel.
- Showing emotion is NOT a sign of weakness, strength comes from processing your emotions.
- Time to challenge the stigma, crying is not a sign of weakness, it is natural HuMAN emotion.



TIGER TIP:

- Join a support group, many people diagnosed with cancer find it helpful to be part of a cancer support group. You can even join a male cancer, or breast cancer specific support group.



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How I Provide When Living with Cancer

- What does it mean to you to "provide?"
- How can you set your family up for success if you are unable to work?
- How can you better implement self care in order to continue to care for your family?
- What new ways can you support your family?

Ex: Being home at meals, being able to support with homework, movie nights, cuddles on the couch.

How I Can be Provided for When Living with Cancer

- How can your family better support you?
- How can your family work together as a team so everyone is feeling supported?
- What community supports, friends, family can assist you and your family in your time of need?



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