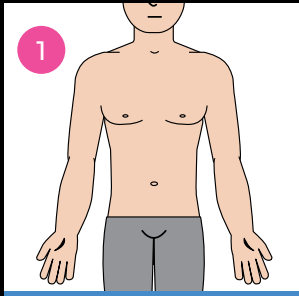


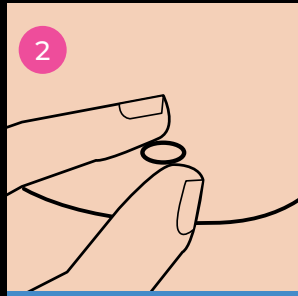


Breast Self-Exam for Men



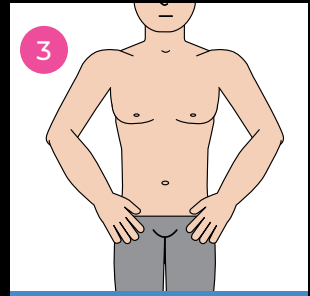
1

Check your breasts in front of a mirror for anything that appears to be abnormal for you—like changes in size or shape; or skin changes such as dimpling, wrinkling, redness, or scaling.



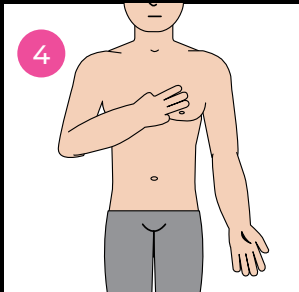
2

Examine your nipples closely. Check for any discharge, or if your nipple seems to turn inward. Gently squeeze your nipples to check for any bleeding or discharge.



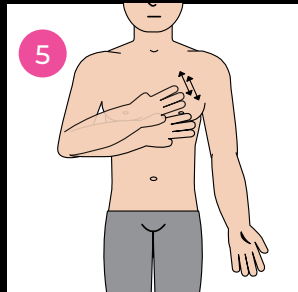
3

Place your hands on your hips. Press, and bend forward and backwards looking for changes. Next, raise your arms and look for changes again.



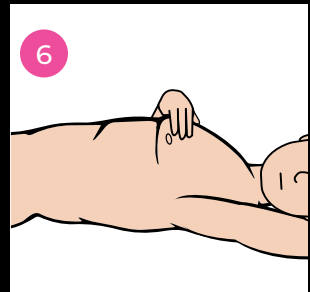
4

In a sitting or standing position, examine your breasts with the pads of your three middle fingers using light, medium, and deep pressure. (See step 5)



5

Start at the collarbone and continue in a vertical down-and-up pattern until you have examined the entire breast.



6

Lie down flat on your back with your left arm behind your head and repeat steps 4 and 5 for the right breast, then reverse for left breast.



Know What's Normal for You!

Signs and Symptoms of Breast Cancer in Men

- lump or thickening in or near the breast or in the underarm area
- change in the size or shape of the breast
- dimpling or puckering in the skin of the breast
- nipple turned inward into the breast
- discharge from the nipple, especially if it's bloody
- scaly, red, or swollen skin on the breast, nipple, or areola (the dark area of skin around the nipple)
- dimples in the breast that look like the skin of an orange, called peau d'orange

Risk Factors

- treatment with radiation therapy to your breast/chest
- having a disease linked to high levels of estrogen in the body, such as cirrhosis (liver disease) or Klinefelter syndrome (a genetic disorder)
- one or more family members who have had breast, colon, pancreatic, ovarian or prostate cancer
- having gene mutations (changes) such as BRCA1/BRCA2

Early Detection is Key

Early detection greatly improves the chances that breast cancer in men can be treated successfully. Doing a self-exam every month will help alert you to anything that isn't normal for YOU. Speak with your doctor as soon as possible if you have any of the signs or symptoms, or if you believe you may be at a higher risk for breast cancer.

