**Breast Cancer Awareness**

**Breast cancer is a malignant tumor that has developed from cells in the breast. Cancer occurs as an abnormal change in the genes responsible for regulatory the growth of cells. The changed cells gain the ability to keep dividing without control or order, producing more cells just like it and forming a tumor. The tumor can be benign (non-cancerous) or malignant (cancerous)**

**Unchecked malignant cells eventually can spread beyond the original tumor to others parts of the body.**

**There are stages of breast cancer. The stages refer how far the cancer cells have spread beyond the original tumor. :**

**Stage O Cancer cells remain inside the breast duct without invasion into normal adjacent breast tissue.**

**Stage I Cancer is 2 centimeter or less and is confined to the breast (lymph nodes are cleared).**

**Stage IIA No tumor can be found in the breast, but cancer cells are found in the axillary lymph nodes OR the tumor measures 2 centimeters or smaller and has spread to the axillary lymph nodes.**

**Stage IIB The tumor is larger than 2 centimeter but no larger than 5 centimeter and has spread to the axillary lymph nodes OR the tumor is larger than 5 centimeter but has not spread to the axillary lymph node.**

**Stage IIIA No tumor is found in the breast. Cancer is found in axillary lymph nodes, that are sticking together or to other structures, OR cancer may be found in lymph nodes near the breast bone or the tumor is any size. Cancer has spread to the axillary lymph nodes which are sticking together or to structures and the cancer may be found in lymph nodes near the breastbone.**

**Stage IIIB The tumor may be any size and has spread to the chest wall and or skin of the breast and may spread to axillary lymph node that are clumped together or sticking to other structures, OR cancer may have spread to lymph node near the breastbone.**

**Stage IIIC There may either be no sign of cancer in the breast or a tumor may be any size and may have spread to the chest wall and/ or the skin of the breast AND the cancer has spread to lymph node either above or below the collarbone AND the cancer may have spread to axillary lymph node or to lymph nodes near the breastbones.**

**Stage IV The cancer has spread or “metastasized” to other parts of the body.**

**The Five Steps of Breast Exam in a Female**

**Step 1. Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.**

**Some of the things to look for are**

**Breasts that are their usual size, shape, and color.**

**Breasts that are evenly shaped without visible distortion or swelling**

**If you notice any of these following changes please notify your doctor**

**Dimpling, puckering or bulging of the skin**

**A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out).**

**Redness, soreness, rash or swelling**

**Step 2. Raise your arms and look for changes.**

**Step 3. While you’re at the mirror, look for any signs of fluids coming out of one or both nipples (this could be watery, milky, or yellow fluid or blood).**

**Step 4. Next, feel your breast while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.**

**FYI… Makes sure you cover the entire breast from top to bottom, side to side, from your collarbone tot eh top of your abdomen and from your armpit to your cleavage. Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best most for most women. Be sure to feel the all the tissue from the front to back of breast; for the skin and tissue just beneath, use light pressure, use medium pressure for tissue in the middle of your breasts, use firm pressure for the deep tissue in the back. When you’re reached the deep tissue, you should be able to feel down to the ribcage.**

**Step 5. Finally, please feel your breasts while you are standing or sitting. Many women find that the easier way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, suing the same hand movement described in Step 4.**

**Women have breast cancer but it is not limited to breast cancer in men. Breast Cancer may be rare in men, but it does happen. Men doesn’t always think of themselves having a breast, they may say things like, “I don’t have a breast, I have a chest, I’m a man “, but they do not realize they have breast tissues. In a study with American Cancer Society it shows approximately 2000 men will be diagnosis and about 400 men will die from breast cancer each year.**

**We can’t prevent breast cancer, but we can take heed to the warning signs for breast cancer in men such as:**

**Lump, hard knot or swelling in the chest area (it may be painless but maybe tender)**

**Dimpling, puckering or redness of the around the breast area**

**Itchy, scaly sore or rash on the nipple**

**Pulling in of the nipple or others of the breast**

**Inverted nipple**

**Men tend to have much less breast tissue compared to women. Some of these sign can be easier to notice in men then women.**

**Call your doctor or your local health department when in doubt. You can detect it early on, get tested and treated right away, Can Save a Life.**

**Awareness is the Key!!!!**

**Types of male breast cancer;**

**Invasive ductal carcinomas (cancer beginning in the milk ducts)**

**Invasion lobular carcinomas (cancer beginning in the lobular)**

**In rare cases men can be diagnosed with inflammatory cancer, ductal carcinoma in- situ( a non-invasion breast cancer) or Paget’s disease of the nipple. Paget’s disease is rare it occurs more often in men than in women.**

**Both men and women may develop benign (not cancer) breast condition.**

**Benign breast conditions are most common in women and very rare in men.**

**Except for skin cancer, breast cancer is the most type of cancer among women in the U.S. It is second only to lung cancer as a cause of cancer detected among women.**

**Also men should perform a breasts self -exam monthly. Knowing your overall health and what your breast normally feels like is the best way to keep an eye on your breast health. Breast tissue extends from under your nipple and areola up toward your armpit.**

**Seven Steps to perform a male breast self-exams**

1. **Make sure you are consistence with performing a breast self-exam monthly. Mark your calendar and try to preform your exam on the same date each month**
2. **Start in the Bath or Shower… Run a warm shower or bath. Use soap to create a soapy, slippery layer over your breast area. Well-soaped skin will be easier to examine, as it allows your fingers to slide along your skin without rubbing.**
3. **Check your breast texture by raising your left arm over your head, and if possible put your left hand on the back of your head. On your right hand, put your index finger, middle finger and ring finger together as a group. You will use these three fingers to check your left breast. Check the texture of your left breast by staring at the outer edge. Please your three fingers flat onto your skin, press down and move in small circles. Repeat this all around your breasts. . Don’t rush. You need to be familiar with your breast area.**
4. **Check your nipple by gently squeezing it between your index and ring fingers. Look for any discharge, puckering, or retraction(pulling inward)**
5. **Check both Sides by reversing your hands and check your right breast, using the same methods as Steps 3 and 4. Both breasts must be checked.**
6. **Visual Examination by rinsing yourself off and dry with a towel. Stand before a mirror which is large enough for you to see both breasts. Take note of any asymmetry and skin changes such as rash, puckers and dimples.**
7. **How to handle a lump if notice. Remember that most lumps in male breast are due to gynecomastia, which is benign condition; in addition, 80% of all breast lumps are not cancerous. If you feel any change in your breasts that causes concern, please see your doctor immediately for a clinical breast exam.**

**We want you to be there for what’s most important……. (Picture your Family)**

**Since breast cancer is very rare among men there is information and resources available to help men:**

**Susan G. Komen for Cure**

**1-877-Go Koman**

[**www.komen.org**](http://www.komen.org)

**American Cancer Society**

**1-800-ACS-2345**

[**www.cancer.org**](http://www.cancer.org)

**Y-me**

**1-800-221-2141**

**www.y-me.org**