



# Nursing Newsletter



Breast cancer in men is rare, but it does happen.

In the U.S., less than 1 percent of all breast cancer cases occur in men.

Breast cancer risk is much lower in men than in women. The lifetime risk of getting breast cancer is about 1 in 833 in U.S. men compared to 1 in 8 for U.S. women.

In 2019, it's estimated that among men in the U.S., there will be:

- 2,670 new cases of invasive breast cancer (includes new cases of primary breast cancer, but not recurrences of original breast cancers)
- 500 breast cancer deaths

## Race and Ethnicity

Breast cancer incidence in U.S. men varies by race and ethnicity.

- Black men have the highest breast cancer incidence overall.
- Asian/Pacific Islander men have the lowest.

October is National Breast Cancer Awareness Month. One in eight women in the U.S. will end up developing invasive breast cancer in their lifetime. It is important to stay informed on such a significant cause of death to women and men in the United States.

According to WebMD, breast cancer is most often caused by an abnormal growth of cells in the milk-producing ducts of the breasts. These cells over-produce and form hard lumps in the breast or spread to other parts of the body.

Some factors that may increase a person's risk of developing breast cancer are:

- Being female
- Increasing age
- Personal or family history of breast cancer
- Beginning your period at a younger age
- Frequently drinking alcohol

It is not clear why some people with no risk factors may develop breast cancer, while others with more risk factors do not.

## Prevention

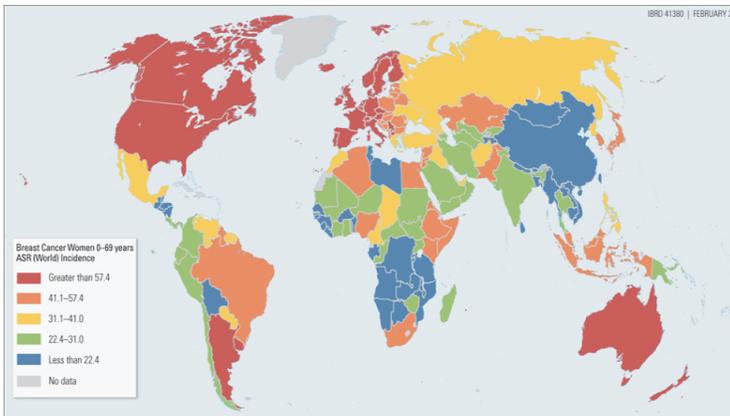
Talk to your doctor about your risk factors and get information on breast cancer screening tests. Making a decision with your doctor on which screening option is right for you will ensure that you receive the most effective treatment in the future. Limiting your alcohol consumption and choosing a healthy diet will reduce your chances of getting breast cancer. Maintain a healthy weight and exercise. Perform breast self-examinations regularly to detect any bumps or abnormalities.



### The International Picture

#### According to the World Cancer Research Fund,

- Nearly 1.7 million new breast cancer cases were diagnosed in 2012.
- Breast cancer is the second most common cancer in women and men worldwide. In 2012, it represented about 12 percent of all new cancer cases and 25 percent of all cancers in women.
- Breast cancer is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide.
- Globally, breast cancer now represents one in four of all cancers in women.
- Since 2008, worldwide breast cancer incidence has increased by more than 20 percent. Mortality has increased by 14 percent.



### Free Community Events

- Oct. 5 – Fitness Expo 9:00-11:00a. YMCA of Boca Raton, Boca Raton, 33433
- Oct. 8 – Food & Breast Cancer 6:00-8:00p. 2495 East Commercial Boulevard, Fort Lauderdale, 33308
- Oct. 12 – Sparking Your Inspiration 10:30a-2:00p. 4605 Queen Palm Lane, Tamarac, 33319
- Oct. 17 – Project COPE 6:30-8:00p. Community Center, 50 NW 1st Ave, Delray Beach, 33444
- Oct. 19 – Boost Your Brain 9:00a-4:00p Broward College Gym, 3501 SW Davie Road, Davie, 33314

## Celebrate October

**October 3**  
National Depression Screening Day

**October 6-12**  
Mental Health Awareness Week

**October 13-19**  
Infection Prevention Week

**October 22**  
International Stuttering Awareness Day

**October 29**  
World Psoriasis Day

### Self-Breast Exams

1. Breast self-exams should be performed in front of a mirror with clothes removed. Start by visually inspecting your breasts for lumps, redness, scaliness, or newly inverted nipples.
2. Look for the same changes as in step one, but this time, with your hands on your hips and your elbows forward. This action may bring out lumps that weren't seen before.
3. To begin feeling your breast, lie down with your arm resting above your head. Use 3 fingers on the opposite hand to press down around the breast and armpit areas in a circular motion. Feel for anything that stands out, or that has never been there before.
4. Do this test at the same time each month. Do it around a week after your menstrual cycle because your cycle can cause hormonal changes that may alter the result of your examination.