



Male breast conditions

While breast conditions are less likely, men have breast tissue and can develop male breast disorders and breast cancer too. Get to know some of the common symptoms and risk factors for male breast conditions. Early diagnosis helps us care for you even Better.

Gynecomastia

Gynecomastia can present itself as an increase or overdevelopment of breast tissue. It's typically due to a hormone imbalance and can happen at any age—from infants to adults.

Symptoms

- ▲ Constant pain and/or swelling in one or both breasts
- ▲ Feminine-looking breasts
- ▲ Swollen nipples, soft and palpable tissue
- ▲ Skin around the nipples may be slightly darker or more red than usual

Diagnosis

Your doctor will perform an exam and ask you about your medical history, including medication and drug use. Depending on your case, tests may include:

- ▲ Mammogram or ultrasound
- ▲ Blood tests for liver, kidney or thyroid function
- ▲ Blood tests for hormone levels

Causes and risk factors

Common causes of adult gynecomastia include liver or lung cancer, cirrhosis of the liver, an overactive thyroid, or hormone problems due to pituitary gland or testicular cancer.

Other conditions or medications that may cause gynecomastia:

- ▲ Malnutrition
- ▲ Disorders of the sex organs
- ▲ Chronic renal failure
- ▲ Diuretics
- ▲ Hypertension medications
- ▲ ACE inhibitor drugs
- ▲ Certain antibiotics
- ▲ Anti-ulcer drugs
- ▲ Estrogen therapies for prostate cancer
- ▲ Highly active antiretroviral therapy for HIV disease
- ▲ Anti-anxiety and anti-depression medications
- ▲ Drug abuse (alcohol, marijuana, heroin)
- ▲ Chemotherapy drugs
- ▲ Medications to treat epilepsy
- ▲ Steroids
- ▲ Heart medications





Male breast cancer

Breast cancer isn't just a woman's disease. Men make up about 1% of all breast cancer cases, and a man's risk of developing breast cancer is 1 in 1,000. Like breast cancer in women, awareness and early diagnosis are important.

Symptoms

The most common signs of breast cancer are a lump or thickening of the breast. In men, most lumps are firm, not painful and located just below the nipple.

Male breast cancer symptoms include:

- ▲ Breast lump
- ▲ Swelling
- ▲ Skin dimpling or puckering
- ▲ Nipple turning inward or indentation of the nipple
- ▲ Redness or scaling of the nipple or breast skin
- ▲ Nipple discharge (bloody or opaque)

Genetics and male breast cancer

Most genetic mutations related to breast cancer aren't inherited but instead develop during your lifetime. However, hereditary breast cancer makes up about 5 - 10% of all breast cancers, in both men and women. If you have a family history, call **214.820.9600** for more information about genetic testing.

- ▲ About 1 in 5 men with breast cancer have a close male or female relative with the disease.
- ▲ In men, nearly 20% of breast cancers are inherited; defects in one of several genes, especially BRCA1 and BRCA2, put you at greater risk.
- ▲ Men with a BRCA2 mutation have a 6% lifetime risk of breast cancer—about 100 times more than other men.

Other risk factors

In addition to genetic causes, these factors increase your risk of male breast cancer:

- ▲ Radiation exposure
- ▲ High levels of estrogen (from cirrhosis, liver disease or a genetic disorder)
- ▲ Age (most commonly diagnosed in men between ages 60 and 70)
- ▲ Excess weight
- ▲ Excessive use of alcohol

Ready to care for you

If you have a male breast condition, our team offers complete care that's tailored to fit your needs. No matter the diagnosis, we're ready to help you get back to Better.



Find a physician
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[BSWHealth.com/BreastImaging](https://www.bswhealth.com/BreastImaging)