

FOR YOUR PATIENT

Cancer support resources

American Cancer Society

1-800-227-2345, www.cancer.org

Focuses on cancer research, education and advocacy; and provides patient and family support services, which vary by locality.

American Society of Clinical Oncology

888-273-3508, www.cancer.net

Provides information about cancer, coping, survivorship, advocacy and policy, publications, multimedia, and more.

CancerCare

www.cancercare.org

Offers professional support services to anyone affected by cancer including counseling, education, financial assistance, and practical help and are provided by trained oncology social workers free of charge.



Colon Cancer Alliance

1-877-422-2030, www.ccalliance.org

Provides patient support (including patient matching program and helpline), education, research, and advocacy.

RadiologyInfo

1-800-381-6660, www.radiologyinfo.org

Radiology information resource for patients

Visit the For Your Patient tab at www.OncologyNurseAdvisor.com for these and many more Web sites that offer information and resources for patients and their families and caregivers.

Fact Sheets for patients

ONCOLOGY NURSES are the go-to people when patients have questions about their disease, their treatment plan, or how to manage their care at home. *Oncology Nurse Advisor* teamed up with CancerCare to help nurses provide patients with reliable information.

Written by experts, CancerCare Fact Sheets are easy-to-read and provide reliable information for patients with cancer, their families, and caregivers. New Fact Sheets will be available each month. The following Fact Sheets are currently available.

Caring for Your Bones When You Have Prostate Cancer

Many men experience bone loss and joint pain related to their prostate cancer. Communicating with your health care team is important to maintaining healthy bones. There are also lifestyle changes you can make to help keep your bones strong. This fact sheet answers some commonly asked questions about prostate cancer and bone health.

“Doctor, Can We Talk?”: Tips for Communicating With Your Health Care Team

Talking to your doctor can be difficult. Regardless of your diagnosis, hearing about it may leave you feeling frightened or overwhelmed. Good communication with your doctor will help improve the quality of the care you receive.

Breast Cancer: Coping With Your Changing Feelings

Having breast cancer affects you in many different ways. For example, treatments may change the way you look and how you feel about yourself and your body. The demands of treatment may also affect your personal relationships or make it difficult to manage your usual activities and responsibilities. Fortunately, these are challenges you do not have to face alone.

Colorectal Cancer: New Tools for Making Decisions About Treatment

As your health care team guides you through a colorectal cancer diagnosis, they perform many diagnostic tests to understand your tumor type. Most treatment recommendations are based on this important information, which can include details such as your cancer's stage, grade, and location. This fact sheet describes two tests that allow doctors to predict, in some cases, how a patient's tumor will behave so that they can plan treatment accordingly.

After a Breast Cancer Diagnosis: Questions to Ask Your Doctor

After you receive a breast cancer diagnosis, your doctor will order various diagnostic tests that provide important details about your type and stage of breast cancer. The results of these tests help guide his or her treatment recommendations.

Visit our site often to find more CancerCare Patient Fact Sheets!

Resources

Y-Me

24-Hour YourShoes Support Center

<http://www.y-me.org/programs/yourshoes.php>

Partner Match Program

<http://www.y-me.org/programs/partnermatch.php>

The 24-hour YourShoes Support Center can provide information for patients, caregivers, and families about male breast cancer, and help address concerns. The Match Program is a peer match program that can put the male patient in touch with a man who has survived male breast cancer.

American Cancer Society Breast Cancer in Men

<http://www.cancer.org/acs/groups/cid/documents/webcontent/003091-pdf.pdf>

This PDF document focuses on breast cancer in men. Anatomic descriptions and diagrams are specific to male anatomy.



Male Breast Cancer Treatment (PDQ) National Cancer Institute

<http://www.cancer.gov/cancertopics/pdq/treatment/malebreast/Patient>

This site highlights the differences between male breast cancer and breast cancer in women, with links to general information on breast cancer.

CancerCare

www.cancercare.org

CancerCare offers publications about coping with treatment side effects, Connect Education Workshops, individual counseling, and support groups (online, telephone and face-to-face).

Breast cancer awareness for men



OCTOBER is National Breast Cancer Awareness Month. Most people are aware of the disease in women. However, when the words male and breast cancer are used in the same sentence, they conjure up a picture of a loving, supportive man caring for his wife, mother, sister, or friend. In other words, the patient is presumed to be a female. But breast cancer can develop in men, too.

Although the symptoms, treatment, and prognosis for breast cancer in men are similar to those in women, awareness of the disease in men is one of the differences. Unfortunately, this can translate to a delayed diagnosis and poor prognosis. This patient information sheet offers resources and information specific to breast cancer in men. These and many more resources for patients, families, and their caregivers are available in the For Your Patient section of our Web site, www.OncologyNurseAdvisor.com.

Can men develop breast cancer?

ALTHOUGH breast cancer occurs primarily in women, men can also develop the disease. Less than 1% of all cases of breast cancer occur in men. The disease usually develops in men age 60 to 70 years. Most breast lumps in men are caused by gynecomastia, not cancer; however, men should still see a medical professional if they experience any of the following symptoms to rule out male breast cancer:

- A lump or swelling in the chest area
- Dimpled or puckered skin
- A nipple that is inverted (facing inward)
- Redness or scaling of the nipple or breast skin
- Discharge from the nipple

Male breast cancer stages, and the prognosis at each stage, are similar to breast cancer in females. However, important differences between male and female breast cancer affect stage at diagnosis, prognosis, and treatment. Men have less breast tissue. Although this makes feeling a mass easier, the mass can reach the skin or the underlying muscles with less growth. The result is that male breast cancers tend to be smaller than female breast cancers when they are found; however, they have often already spread beyond the breast.

A second key different is that breast cancer is rare among men. Most women are aware of breast cancer, whereas many men do not even know that it is possible for them to develop the disease. Therefore, men are more likely to ignore the symptoms.

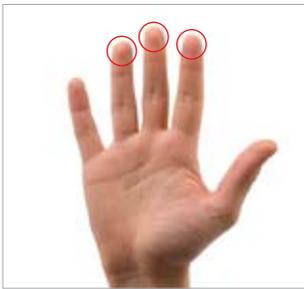
Treatments for breast cancer are similar in both men and women because the types of breast cancer, staging, and patterns of how the disease spreads are similar. The treatment of choice is surgical removal of the cancerous tumor. Chemotherapy, radiation therapy, and hormone therapy are also used following surgery.

Source: Male breast cancer and common treatments. National Breast Cancer Awareness Month Web site. http://nbcam.org/disease_male_breast_cancer.cfm. Accessed September 21, 2011.

How to examine your breasts

BREAST SELF-EXAMINATION is one of the most important tools you have for early detection of breast cancer.

- Lie down and place your right arm behind your head. The examination is performed while lying down, not standing up, because when lying down the breast tissue spreads evenly over the chest wall, making it much easier to feel all the breast tissue.
- Use the finger pads of the three middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.
- Use three different levels of pressure to feel all the breast tissue. Light pressure is needed to feel the tissue closest to the skin; medium pressure to feel a little deeper; and firm pressure to feel the tissue closest to the chest and ribs. It is



normal to feel a firm ridge in the lower curve of each breast, but you should tell your doctor if you feel anything else out of the ordinary. Use each pressure level to feel the breast tissue before moving on to the next spot.

- Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (*sternum* or *breastbone*). Be

sure to check the entire breast area going down until you feel only ribs and up to the neck or collar bone (*clavicle*).

- Some evidence suggests that the up-and-down pattern (sometimes called the *vertical pattern*) is the most effective pattern for covering the entire breast, without missing any breast tissue.
- Repeat the examination on your left breast, putting your left arm behind your head and using the finger pads of your right hand to perform the examination.
- While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes in size, shape, contour, or dimpling, or redness or scaliness of the nipple or breast skin. (The pressing down on the hips position contracts the chest wall muscles and enhances any breast changes.)
- Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it harder to examine.

This breast self-examination procedure is different from previous recommendations. These changes represent an extensive review of the medical literature and input from an expert advisory group. There is evidence that this position (lying down), the area felt, pattern of coverage of the breast, and use of different amounts of pressure increase a person's ability to find abnormal areas.

Source: Breast Cancer. American Cancer Society Web site. <http://www.cancer.org/Cancer/BreastCancer/DetailedGuide/breast-cancer-detection>. Accessed September 22, 2011.

Types of breast cancer found in men

- **Infiltrating ductal carcinoma:** Cancer that has spread beyond the cells lining ducts in the breast. Most men with breast cancer have this type of cancer.
- **Ductal carcinoma in situ:** Abnormal cells that are found in the lining of a duct; also called intraductal carcinoma.
- **Inflammatory breast cancer:** A type of cancer in which the breast looks red and swollen and feels warm.
- **Paget disease of the nipple:** A tumor that has grown from ducts beneath the nipple onto the surface of the nipple.

Source: General information about male breast cancer. National Cancer Institute Web site. <http://www.cancer.gov/cancertopics/pdq/treatment/malebreast/Patient>. Accessed September 21, 2011.

BY THE NUMBERS

2,140

Estimated number of new cases of breast cancer (men only)

450

Estimated number of deaths from breast cancer (men only)

<1%

Percentage of breast cancer cases that occur in men

60-70 years

Mean age of men at diagnosis

Source: General information about male breast cancer. Male Breast Cancer Treatment (PDQ). <http://www.cancer.gov/cancertopics/pdq/treatment/malebreast/HealthProfessional>. Accessed September 22, 2011.