



## *Find out if you're at Risk*

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Breast cancer does not just affect women, the men in their lives are also affected. There is unfortunately not much information easily available to men who are concerned about their own, or their loved ones' risk of breast cancer. Pink Hope is aiming to help close this gap with resources for men, like this one.

**This resource is for you if you are concerned about your risk of male breast cancer because:**

- You have a family history of breast cancer.
- A family member has had genetic testing.
- You have noticed some symptoms which have made you suspicious.

## *First we'll start with some Stats...*

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Male breast cancer is rare (1 in 100 000 men), but it happens. The biggest risk factor for male breast cancer is family history, especially where there is a known inherited predisposition. BRCA 1 and BRCA2 are two genes which if faulty can cause an increased risk of breast and ovarian cancer in women. Men who carry these genes are also at increased risk of certain cancers with 7% of male BRCA2 carriers developing breast cancer before the age of 70. BRCA1 and BRCA2 carriers are also at increased risk of prostate cancer.

**1 in 100.000**

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men develop breast cancer.

**7% BRCA2**

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carriers develop breast cancer before age 70.

**BRCA1 & BRCA2**

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male carriers are at increased risk of prostate cancer.



We encourage you to **Man Up**  
It can Save Lives

It's important that if you're concerned about your own or your families risk of breast cancer that you Man Up and take action. We have developed an action plan to help you get started.

### Action Plan



#### 1. Investigate Family History

- Asking about breast and ovarian cancer in the family may be difficult, start with someone you feel comfortable with.
- Get as much information as you can: try to collect a 3 generation family tree including all the cases of cancer you can find out about.
- Ask about genetic testing, if someone has already had a BRCA mutation identified then a lot of the hard work has already been done.
- If no one has had testing but you are still concerned about your family history, first step is to speak to your GP.

**"EARLY DETECTION IS  
THE BEST DEFENCE."** 



## 2. GP

- Your GP should review your family history and provide a referral to familial cancer clinic if appropriate.
- Check up – no one likes going to the doctor, but regular checkups are a good idea and it might be a good idea to have one while you're there.
- If you have any concerns regarding your health or notice any changes in your breasts or nipples visit GP ASAP. Early detection is the best defence.



## 3. Familial Cancer Clinic

- If there is a known mutation in your family or your family history indicates an increased risk of breast cancer you may be referred to a familial cancer clinic.
- Family history will be reviewed, you may be asked to do more detective work to help determine the risk of an inherited predisposition in the family.
- A decision will be made whether the family history indicates a need for genetic testing.
- The clinic will need to perform testing on someone who has had breast or ovarian cancer first, so you may not be eligible for genetic testing yourself.

### *The Hardest Part*

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It would be very easy for you to read this information and then forget about it. It's hard to take the initiative and be proactive about your health, especially if you're fit and healthy now. If it isn't broken don't fix it right?, we don't think so. **One proactive family member can initiate proactive health initiatives in a whole family, just by asking the right questions.**