

## Male Breast Cancer: Prevention



While breast cancer most often affects women, about 1 in every 100 U.S. cases occurs in a man. Just like women, men can make healthy choices that may help prevent the disease. There are no guarantees that a person won't get cancer. But taking these steps can go a long way toward reducing the risk.

Gender words are used here to talk about anatomy and health risk. Please use this information in a way that works best for you and your provider as you talk about your care.

### What are risk factors?

Certain lifestyle choices can help reduce your risk factors for breast cancer. A risk factor is anything that boosts your odds of developing a disease.

You can't control some risk factors. These include things like your family medical history and your age. But you can reduce other lifestyle risk factors.

### How can I reduce my risk for breast cancer?

The good news is that there are several ways you can reduce your risk of developing breast cancer.

### Stay at a healthy weight

Being overweight or obese increases your risk for many cancers, including breast cancer. If you struggle with your weight, talk with your healthcare provider. They can help you reach or stay at a healthy weight. They can help you make smart food choices and find the right kinds of exercise. If needed, they may also provide other medical options for weight loss.

### Move more

Being active can help lower breast cancer risk. Even 30 minutes a day of moderate-intensity exercise has anticancer benefits.

Moderate-intensity exercise includes walking, biking, or practicing martial arts or yoga. More intense forms of exercise include playing a team sport, swimming, running, hiking, or dancing. Adults should aim for at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity each week.

### Avoid or limit alcohol

Alcohol is linked with increased risk for several types of cancer. It's best not to drink alcohol. Men who choose to drink alcohol should limit themselves to no more than 2 drinks per day. One drink is equal to 12 ounces of beer, 5 ounces of wine, or 1½ ounces of hard liquor.

### Choose healthy eating

Research shows that opting for healthy food choices such as vegetables, fruits, whole grains, beans, and lean proteins can lower your risk for developing cancer.

Pick nutrient-dense foods with vitamins, minerals, proteins, and healthy fats to help prevent cancer. These include:

- Dark green vegetables
- Brightly colored fruits and vegetables

- Whole grains
- Nuts, seeds, and beans
- Lean proteins like fish, poultry, and tofu

Try not to have highly processed foods like:

- Fast foods
- Red and processed meats
- Sugary drinks
- Refined carbohydrates found in chips, cookies, cakes, and sugary cereals

## Can breast cancer in men be found early?

When you have cancer, it's important to find out as soon as possible. That way, you can seek treatment right away. By finding and treating cancer early, you can improve your odds of beating it.

Women are advised to have routine screening for breast cancer. Screening is not standard for men. So men might not see a healthcare provider about breast cancer until they have a lump in their breast or other symptoms. But by then, the cancer may have progressed to a later stage. Let your provider know right away if you note any changes to your breasts and armpits.

If you have risk factors for breast cancer, talk with your provider about how to manage your risk and any exams you should have. Risk factors might include a family history of cancer or certain genetic mutations, such as the BRCA mutations.

## Where do I start?

Many of these tips are good for your overall health, not just for preventing cancer. But it might feel overwhelming to make a lot of changes at once. Instead, pick a few things to focus on with your provider. Then gradually adopt more healthy habits.

It may help if family or friends practice new habits with you. Being active, cooking healthy food, and trying stress-reducing techniques can be easier and more enjoyable when you do it together.

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