

A man and a woman are looking at a map outdoors. The man is wearing a grey jacket and has binoculars around his neck. The woman is wearing a blue jacket and has a backpack. They are standing in front of a wooden fence and greenery.

Get informed

Male breast cancer

Male breast cancer is rare — but it does happen.

In fact, 1 in 870 men will be diagnosed with breast cancer in their lifetime. If breast cancer is caught early, the chance of being cured is high. But many men delay seeing their doctor when they begin experiencing symptoms. For this reason, male breast cancer is often diagnosed at a later stage.

Know the causes

A risk factor is anything that can make it more likely that a person will get breast cancer. If you have one or more risk factors, it doesn't necessarily mean you'll develop breast cancer. But knowing the risk factors makes it easier for you to reduce your risk.

- Age (older than 60)
- High oestrogen levels (as a result of chronic liver damage, obesity and some genetic conditions)
- Obesity
- Prolonged exposure to radiation
- Significant family history or genetic link
- Alcohol consumption

Know the signs

The most important thing you can do to ensure successful treatment is to get treated early. If you have any of these symptoms, it's a good idea to see your doctor.

- Painless lump or swelling behind the nipple
- Pain (rarely)
- Nipple inversion or discharge
- Skin changes (including developing an ulcer)

Learn more about breast health
— get on the path to a healthier you.

Source: Healthwise, Incorporated. Available at www.healthwise.net/aetna Accessed 1 March 2017.

NHS Choices. Available at www.nhs.uk/conditions/cancer-of-the-breast-male/pages/introduction.aspx. Accessed 1 March 2017. Cancer Research. Available at www.cancerresearchuk.org/about-cancer/type/rare-cancers/rare-cancers-name/breast-cancer-in-men. Accessed 1 March 2017. Patient. Available at www.patient.info/doctor/male-breast-cancer. Accessed 1 March 2017.

Aetna® is a trademark of Aetna Inc. and is protected throughout the world by trademark registrations and treaties.

Please note that once you leave the Aetna site, either by using a link we may have provided for your convenience or by specifying your own destination, Aetna accepts no responsibility for the content, products and/or services provided at these non-Aetna locations. Aetna does not control, endorse, promote or have any affiliation with any other website. Only your doctor can diagnose, prescribe or give medical advice. Contact your doctor first with any questions or concerns regarding your health care needs. Health information programmes provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna International plans, please refer to www.aetnainternational.com.

aetna®

aetnainternational.com