

# Breast/Chest Cancer in Men

# 1 in 726

men will be diagnosed with breast/chest cancer in their lifetime.

For women the lifetime risk of getting breast cancer is 1 in 8.

## US 2024 Estimates:

**New Cases: 313,510**  
(2,790 men, 310,720 women)

**Delaware: 1,140**

**Deaths: 42,780**  
(530 men, 42,250 women)

**Delaware: 160**

DBCC has supported 11 male survivors in Delaware.

Male Certified Peer Mentors are available.

## What is breast/chest cancer?

Breast cancer is a type of cancer that starts in the breast. It can start in one or both breasts.

Cancer starts when cells begin to grow out of control.

### EARLY DETECTION HELPS SAVE LIVES!

Have a question?  
Not sure where to start?  
Call to schedule your screening today:

# 1-888-672-9647

## Know Your Body!

Knowing what is normal for your body could save your life!

Discharge  
Redness, scaling or rash  
Puckering or dimpling



Lump  
Shape change or swelling  
Inverted Nipple

Always report any changes, or concerns to your doctor right away.

Delaware's Most Trusted Breast Cancer Resource



Wilmington | Dover | Rehoboth

[debreastcancer.org](http://debreastcancer.org)



# Breast/Chest Cancer in Men



If you think something isn't right,  
check it out and get it checked.

If you feel something, say something.

-Richard, DE Breast Cancer Survivor

## Prevention Tips



Be Active  
75-150 mins  
of exercise  
per week



Maintain  
a healthy  
weight



Avoid or  
limit alcohol



Talk to your  
Dr. about your  
personal risks



“Men don’t just get man  
boobs, they can get breast  
cancer too, so when you’re  
thinking about copping a  
feel, cop a feel of yourself,”  
Jackson says in a tongue-  
in-cheek PSA. “Don’t be  
the strong, silent type. If  
unsure, say something.”

- Samuel Jackson

“You don’t need boobs to get  
breast cancer,” Peter Criss  
the KISS drummer told Fox  
News in 2014. The legendary  
musician, found a lump in his  
left breast after a workout in  
2007. Since his successful  
surgery, Criss has been an  
outspoken advocate for male  
breast cancer awareness.

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