

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 2025 Estimates:

New Cases: 319,750
(2,800, 316,950)

Delaware: 1,210

Deaths: 42,680
(510, 42,170)

Delaware: 250

DBCC has supported 12 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



DBCC's 2025 Edition

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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