

Breast/Chest Cancer in Men



What is breast/chest cancer?

Breast cancer is a type of cancer that starts in the breast when something goes wrong and your cells keep making new cells and the old or abnormal ones don't die when they should.

**EARLY
DETECTION
HELPS SAVE
LIVES!**

DBCC has supported **20** male survivors in Delaware.

Male Certified Peer Mentors are available.



Have a question?
Not sure where to start?
Call to discuss your next steps:

1-888-672-9647

<https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2026/2026-cancer-facts-and-figures.pdf>

1 in 755

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



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

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**

db DELAWARE
BREAST CANCER
COALITION

Wilmington | Dover | Rehoboth

debreastcancer.org



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**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**



"You need to perform self-exams—both men and women. Early detection can save your life," Mexican telenovela actor Héctor Soberón told TV y Novelas in 2025. The actor was diagnosed with a malignant chest tumor after experiencing pain in the area. Fortunately, he did not require surgery and overcame the condition through medical treatment.

"Men never think, 'I'm going to get breast cancer,' because they think breasts are a woman's thing. That's not the case."

Medina to the Los Angeles Times

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