# Men Check Your Breasts!

Megan Edwards

Yes, men can get breast cancer too!

Even though breast cancer is most often found in women, men can get breast cancer as well. The most common types of breast cancer in men are the same types in women. These are:

• Metastatic Breast Cancer
• Triple Negative Breast Cancer
• Inflammatory Breast Cancer

To learn more about these types, see our last blog "All You Need to Know about Breast Cancer"

## Common Breast Cancer Symptoms in Men are:

• A lump or swelling in the breast.
• Redness or flaky skin in the breast.
• Irritation or dimpling of breast skin.
• Nipple discharge.
• Pulling in of the nipple or pain in the nipple area.

## Risk factors

Several factors can increase a man's chance of getting breast cancer. However, having risk factors does not mean you will get breast cancer. Here are some risks below:

• Getting older – The risk for breast cancer increases with age. Most breast cancers are found after age 50.
• Family history of breast cancer – A man's risk for breast cancer is higher if a close family member has had breast cancer.
• Overweight and obesity – Older men who are overweight or have obesity have a higher risk of getting breast cancer than men at a normal weight.

Studies show that it is very rare for men to be diagnosed with this disease; however, men are encouraged to get tested as well. Breast cancer is one of the three most common cancers worldwide. Sagicor is committed to raising awareness and educating as we encourage you to #CheckYoursOut for early detection and prevention. Men, we've got you covered too!