

## The History of the John W. Nick Foundation



The John W. Nick Foundation was founded in 1995 in memory of John Nick who died in 1991 at the age of 58. John, his family, and some of his physicians were not aware that men could get breast cancer.

Who could have guessed that his lack of knowledge would kill him? John went to doctors three times in eight years. Each time he was told his symptoms were nothing to worry about. Eight years later his symptoms were recognized and a mastectomy was performed. The diagnosis was male breast cancer "Paget's Disease." John's treatment granted remission for only six months and then he lost his battle as it spread to his bones. The events that surrounded John's late diagnosis were his daughter's catalyst to begin her male breast cancer awareness campaign. Nancy Nick's crusade began in 1994, just as she had promised her father, letting men know that male breast cancer does exist.

Many thanks for your support!

Myriad Genetics, Inc. ([www.myriadtests.com](http://www.myriadtests.com))



Mitch Stuart, Inc. ([www.mitchstuart.com](http://www.mitchstuart.com))



## Male Self Breast Exam

1. Make yourself soapy.
2. Place your left arm above and behind your head. With the three middle fingers of your right hand, press your breast against your chest wall.
3. In a circular motion feel small portions of your left breast, going around until you have covered the entire breast and underarm. Make sure you do it slowly.
4. Repeat again with your opposite arm.



This is only one of many methods to help you detect any changes or lumps in your breasts or underarms.

If you have suspicions, make an appointment with your physician immediately!



The ribbons are **PINK**  
But should be **PINK** and **BLUE**  
Women get breast cancer  
And **MEN GET IT TOO!**

For more information about  
male breast cancer, visit:  
Myriad Genetics, Inc.  
[www.myriadtests.com](http://www.myriadtests.com)

*John W. Nick*

FOUNDATION, Inc.

[www.malebreastcancer.org](http://www.malebreastcancer.org)

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John W. Nick Foundation, Inc.

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References for this brochure can be found on our website.

# MALE BREAST CANCER RISK TEST

*How  
Do You  
Score?*

*John W. Nick*  
FOUNDATION, Inc.™

Male Breast Cancer Awareness & Prevention

This brochure was made possible  
by financial support from Myriad Genetics, Inc.

## MALE BREAST CANCER RISK TEST: *How Do You Score?*

- |   | YES                      | NO                       |   | YES                      | NO                       |
|---|--------------------------|--------------------------|---|--------------------------|--------------------------|
| 1. Do you have a lump, pain, or swelling in your breast, or under your arm?   | <input type="checkbox"/> | <input type="checkbox"/> | 13. Do you have gynecomastia? (The enlargement of the male breast due to the growth of surrounding ducts and supporting tissues.) | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you have a hard, painless lump in your breast, or a clear or bloody discharge?  | <input type="checkbox"/> | <input type="checkbox"/> | 14. Have you been diagnosed with Klinefelter's Syndrome? (Caused by an extra X chromosome and affects only men.)                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Is your nipple inverted, and accompanied by local pain or itching?   | <input type="checkbox"/> | <input type="checkbox"/> | 15. Do you have hereditary hemochromatosis?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have a change in skin texture, such as dimpling or puckering?   |                          |                          |   |                          |                          |
| 5. Do you have a family history of male or female breast cancer?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |                          |
| 6. Have any of your close blood relatives been identified with the hereditary breast cancer gene BRCA-2 or BRCA-1?            | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |                          |
| 7. Are you of Ashkenazi Jewish ancestry (Eastern European/Russian descent) with a family history of breast or ovarian cancer? | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |                          |
| 8. Have you been diagnosed with prostate cancer?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |                          |
| 9. Have you been diagnosed with a liver disease?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |                          |
| 10. Have you been diagnosed with a low testosterone level?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |                          |
| 11. Have you had your testicles removed or injured from hernia surgery?   | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |                          |
| 12. Did you start puberty late (ages 16-18)?  | <input type="checkbox"/> | <input type="checkbox"/> |   |                          |                          |

**When consulting a doctor, take this brochure with you. Be sure to ask questions and if your questions are not answered, seek a second opinion.**



**If you like what we're doing, visit our website to see what you can do**

**you can do to help support our cause.**

**[www.malebreastcancer.org](http://www.malebreastcancer.org)**

### Did You Know?

- The estimated number of new cases of male breast cancer in the United States in 2010 is 1,970. Of those, 390 deaths will occur.
- John W. Nick died of breast cancer at the age of 58, and his mother also had breast cancer.
- Scientists have found that estrogen plays a role in male and female breast cancer.
- Men have mastectomies (removal of the breast or breasts.)
- Men can have breast reduction (mastopexy).
- Due to diagnosis at a later stage, the mortality rate is higher for men than women. Awareness could change this.
- Men have mammograms, thermography, and MRI mammography.
- About 10-20% of breast cancer is thought to be familial.
- Familial cancer is a cluster of cancers in a family due to shared environment, common lifestyle choices, and similar genetic makeup.
- Most hereditary breast cancer is caused by an inherited mutation in the BRCA1 or BRCA2 genes.
- The chance of identifying a BRCA1 or BRCA2 mutation for a man with breast cancer, regardless of family history, is 12.8%. This is 1 in every 8 men diagnosed with breast cancer.
- Approximately 1 in 40 Ashkenazi Jewish individuals has a BRCA mutation. The prevalence is approximately 15% regardless of family history.
- People who inherit one mutated copy of a BRCA gene are at a much greater risk of developing certain types of cancer including breast cancer in both men and women.
- The only way to know if you have a BRCA mutation is to have a genetic test to check your BRCA1 and BRCA2 genes for an abnormality. (Visit [www.myriadtests.com](http://www.myriadtests.com))

**This brochure is not intended for diagnosis or replacement for medical care. Contact a breast care center or your physician for further evaluation.**