

## MALE SELF BREAST EXAMS



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 as soon as possible.

Brochure Created by  
Nancy E. Nick, President/CEO

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

## HEREDITARY CANCER BRCA1 & BRCA2 GENES

Myriad Genetics, Inc. asks the following questions to determine whether someone has a higher risk for breast cancer because of their own cancer history and their family's history.

The Patient:

- Has had breast cancer at age 50 or younger
- Has had ovarian cancer at any age
- Is male and has had breast cancer at any age
- Is of Ashkenazi Jewish descent and has a personal or family history of breast, ovarian or pancreatic cancer

The Patient's Family:

- Has had two breast cancers in the same person or on the same side of the family.
- Has had somebody diagnosed with triple negative breast cancer at any age.
- Has had pancreatic cancer and an HBCO-associated cancer in the same person or on the same side of the family.
- Has three or more family members with breast cancer on the same side of the family.
- Has had previously identified BRCA1 or BRCA2 mutation in the family.



BRCA**Analysis**<sup>®</sup>



MYRIAD<sup>®</sup>



JOHN W. NICK  
FOUNDATION, INC.

Dedicated to Male  
Breast Cancer  
Awareness & Prevention  
Since 1995



## Men Beware



**Men Get Breast Cancer Too!**



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

### Mission Statement

To educate the world about the risk of breast cancer in men and to provide preventive and reactive measures to cancer through advocacy and education



## The History of JWNF



John W. Nick Foundation, Inc. was founded November 9, 1995 by John's daughter Nancy E. Nick. The Nick Foundation is the oldest Male Breast Cancer Foundation in the world. "Without Awareness Hope Is Lost!"

John visited the doctor 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.

Mr. Nick's diagnosis was Male Breast Cancer, "Paget's Disease." John's treatment granted remission for only six months and then he lost his battle to breast cancer at the early age of 58.

John's mother Myrtle also had breast cancer.

## Men Beware



- 1. Do you have a history of male or female breast cancer in your family?
- 2. Have any of your close blood relatives been identified with the hereditary breast cancer gene BRCA1 or BRCA2?
- 3. Are you of Ashkenazi Jewish ancestry (Eastern European/Russian descent) with a family history of breast or ovarian cancer?
- 4. Do you have Hereditary Hemochromatosis? (Iron Overload)
- 5. Have you been diagnosed with low testosterone?
- 6. Are you a heavy drinker of alcoholic beverages?
- 7. Have you been diagnosed with a liver disease such as cirrhosis of the liver?
- 8. Are you transgender/transsexual taking high doses of estrogen as part of your sex re-assignment?
- 9. Did you use a drug related to estrogen once used in hormone therapy for treatment of prostate cancer?
- 10. Are you obese and did you know that your male hormones, "androgens" - through your fat cells - convert into the female hormones estrogen?

## Men Get Breast Cancer Too!!



- 11. Have you been diagnosed with low testosterone level?
- 12. Have you had your testicles removed or injured from hernia surgery?
- 13. Did you start puberty late (ages 16-18)?
- 14. Do you have large breasts? (Gynecomastia)?
- 15. Have you been diagnosed with Klinefelter's Syndrome?
- 16. Do you have a lump, pain or swelling in your breast, or under your arm?
- 17. Is your nipple inverted, and accompanied by local pain or itching?
- 18. Do you have a change in skin texture, such as dimpling or puckering?
- 19. Environmental? Did you know? 84 men from Camp Lejeune, North Carolina have been diagnosed with male breast cancer? (from [www.tfot.com](http://www.tfot.com))



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