

# HealthMatters



## Sir, You Have Breast Cancer.

You never thought you'd hear those words, right? Well, men do get breast cancer. It's not nearly as common as it is with women, but that's cold comfort if you've just been diagnosed with it.

It pays to be aware of any physical changes that can indicate male breast cancer, for instance a growth that might need examining.

If you experience any of these changes, consult a trusted cancer specialist and ask them plenty of questions. For example, can men be given mammograms? Yes. In fact, mammography is often more conclusive with men than it is with women.

### Other questions to consider:

- ▶ What type of breast cancer do I have?
- ▶ Has my cancer spread?
- ▶ What is the stage of my cancer?
- ▶ Are there other tests that need to be done?
- ▶ What treatments are appropriate for me?
- ▶ How long will treatment last? What will it involve?
- ▶ What are the risks or side effects that I should expect?
- ▶ Should I think about taking part in a clinical trial?
- ▶ What should I do to get ready for treatment?
- ▶ What are the chances my cancer might come back?
- ▶ What type of follow-up will I need?

Breast cancer in men should not be a source of embarrassment. It should be dealt with as frankly and seriously as it is with women. So if you've recently been diagnosed with male breast cancer, it's time to consider the next steps.

### Looking for a second opinion regarding your cancer diagnosis and treatment plan? Best Doctors Can Help!

- ▶ Have an expert look at your diagnosis and treatment plan.
- ▶ Provide your doctor access to the opinions of top specialists.
- ▶ Answer your questions from diagnosis to recovery.

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If you have  
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