

## Male Breast Cancer: Signs and Dangers

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### Abstract

Male breast cancer is an uncommon type of cancer that develops in the tissue of men's breasts. Despite the fact that breast cancer is most frequently associated with women, it can also affect men.

Male breast cancer can strike at any age, but it most frequently affects older men.

Early detection of male breast cancer in men increases the likelihood of a successful treatment. Surgery is frequently used as a form of treatment to remove the breast tissue. Depending on your specific circumstances, further therapies including chemotherapy and radiation therapy may be suggested.

**Keywords:** Breast cancer; Early detection; Surgery; Chemotherapy

### Introduction

Male breast cancer is uncommon but does exist. It develops in breast tissue and is surgically treatable. The condition most frequently affects older males, who must have inherited from their parents aberrant and altered genes that raise the risk of breast cancer [1]. Learn more about the disease's symptoms and prevention measures.

Men are generally unaware of breast cancer because the disease primarily affects women. But male breast cancer exists and is just as deadly and destructive as female breast cancer. It is an uncommon form of cancer that develops in the breast tissue and is primarily brought on by an inherited faulty gene. Despite the fact that it can start at any age and that the symptoms may not always be obvious or present themselves fully, breast cancer primarily affects older males [2]. Despite the fact that causes is still unclear to the doctor. But based on the research done thus far, this disease manifests itself when breast cells divide quickly and gather cells from a tumour that may proliferate quickly.

### Male breast cancer symptoms

This illness's warning signs and symptoms include:

- Scaling and redness around the nipples;
- A lump or gathered mass on the breast;
- A change in the colour and texture of the skin around the breast;
- Nipple discharge that is white or translucent.

### Causes

The exact cause of male breast cancer is unknown. Male breast cancer is known to develop when some breast cells divide more quickly than healthy cells [3]. The collecting cells create a tumour, which has the potential to spread (metastasize) to neighbouring tissue, lymph nodes, or other bodily regions.

### Breast cancer begins in men

Everybody has a modest amount of breast tissue at birth. The ducts that deliver milk to the nipples, fat, and milk-producing glands (lobules) make up breast tissue [4]. Women start growing more breast tissue during adolescence, but men do not. However, despite having little breast tissue at birth, men can nonetheless get breast cancer.

Men's breast cancer can be of the following types:

- Milk duct cancer as its first symptom (ductal carcinoma). Ductal carcinoma makes up the majority of male breast cancer.
- Breast cancer that starts in the milk glands (lobular carcinoma). Men rarely get this kind because their breast tissue has few lobules.
- Additional cancers. Men can also get Paget's disease of the nipple and inflammatory breast cancer, two less common forms of breast cancer.

### Inherited genes that increase breast cancer risk

Some men acquire from their parents aberrant (mutated) genes that enhance the risk of developing breast cancer. You are more likely to develop breast and prostate cancers if one or more genes, particularly the BRCA2 gene, are altered [5]. Talk to your doctor if there is a significant history of cancer in your family. In order to consider genetic testing to determine whether you contain genes that enhance your risk of cancer, your doctor might advise that you speak with a genetic counsellor.

### Risk Factors

Male breast cancer is more likely as a result of the following factors:

- Growing old. As you become older, your chance of breast cancer rises. Men in their 60s are most frequently diagnosed with male breast cancer.
- Estrogen exposure. Your chance of developing breast cancer rises if you use estrogen-related medications, such as those prescribed for hormone therapy for prostate cancer.
- Breast cancer in the family. You have a higher risk of getting

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breast cancer if a member of your immediate family does [6].

- Klinefelter's disease. When boys are born with more than one copy of the X chromosome, this genetic condition takes place. Testicular development is impaired in people with Klinefelter's syndrome. Men who have this disease consequently generate more feminine hormones and less of particular masculine hormones (Androgens) (Estrogens).
- Liver illness. Your risk of breast cancer can rise when certain illnesses, such as liver cirrhosis, cause male hormone levels to drop and female hormone levels to rise [7].
- Obesity. Obesity is associated with higher levels of estrogen in the body, which increases the risk of male breast cancer.
- Testicular surgery or illness. Male breast cancer risk can be increased by having inflamed testicles (Orchitis) or by having a testicle removed surgically (Orchiectomy).

### Different Types of Male Breast Cancer

Women's breast tissue begins to generate milk glands and fat as puberty occurs. However, nothing occurs with male breasts, which continue to be substantially lower in size [8]. Male breast cancers can take the following forms:

- Ductal carcinoma, sometimes referred to as milk duct cancer, is the most prevalent type of breast cancer in men.
- Despite the fact that men lack fully developed milk ducts and glands, milk gland cancer can impact the lobes of breast tissue.
- Nipple cancer: An inflammation of the breast's nipples

There are higher possibilities of getting this cancer if you use estrogen-stimulating medications that change hormones [9]. There is a substantial likelihood that you will develop breast cancer if a male member of your family does.

Several liver conditions, such as cirrhosis, decrease the amount of male hormones that can result in breast cancer.

### Treatment for male breast cancer

Treatment options for male breast cancer can include any of the following, depending on the specifics of your diagnosis:

- Surgery
- Chemotherapy
- Radiation treatment
- Targeted treatment
- Hormone treatment
- Immunotherapy

The cancer treatment includes mastectomy surgery, radiation therapy, chemotherapy, hormonal therapy, and targeted cell therapy, all of which depend on the stage and condition of cancer [10]. Depending on the stage and severity of the cancer, several cancer treatments may be used, including mastectomy surgery, radiation therapy, chemotherapy, hormone therapy, and targeted cell therapy.

### Conclusion

Men with breast cancer have a strong chance of receiving appropriate therapy if they are diagnosed in the early stages. Because the condition is uncommon and can occasionally resemble other conditions that are not malignant, it can be challenging to make an early diagnosis. Because of this, the diagnosis might occur later. It is more likely that a man will receive early treatment if he is aware of the symptoms and signs of male breast cancer.

### Acknowledgement

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### Conflict of Interest

None

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