

“Sir, You Have Breast Cancer...”

“October is Breast Cancer Awareness Month and the anniversary of a time in my life I will certainly never forget.

When I was a 40 year old male, I had no interest or concern with Breast Cancer. I had a healthy wife and family. But in 1995 my mom was diagnosed with the disease. One month later, my little sister, at the age of 37, was also diagnosed with Breast Cancer, one of three bouts to come. A few years prior my mom's sister, my godmother, went through complete bilateral mastectomy surgery for her breast cancer. Although I was concerned for them, I had no idea what they were personally feeling or going through.



Separate but together, my mom and sister went through surgery and treatment. Still, and possibly because I was living out of state, I had little comprehension of exactly the type of mental anguish and turmoil that was consuming their daily lives. Even after my sister completed genetic testing and discovered that our family is a carrier of the BRCA2 mutation, I didn't relate it to me; I'm a guy, why would this effect me? But in October 2008, I suddenly found out!

Very few people even know that men can get Breast Cancer. It's rare. One of the rarest of all the male cancers, but it does exist. BELIEVE ME, IT EXISTS. There are huge obstacles being a man with a “woman's disease,” and it goes way beyond the normal stress and tribulations that consume all cancer patients.”

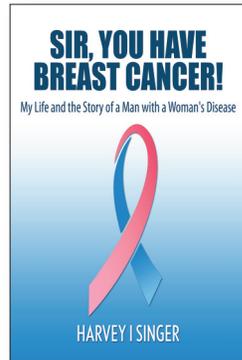
Read More about my journey and my life leading up to my fight against cancer in my new book "Sir, You Have Breast Cancer!" Available through Amazon.com. 100% of all proceeds from the book go to the HIS foundation.

Co-Founder, Harvey I. Singer (H.I.S.)

“For my husband, brothers, sons, nephews, and grandchildren, it became apparent that HIS Breast Cancer Awareness is truly needed and is a very important foundation to me. Modah Ani “I am thankful” that we have been given the opportunity to take something bad and turn it in to something good.

We continue to live our lives by making the best choices we can. We do not have total control of our health, especially due to our genetic makeup, but we do have options and so do you. Education is an important tool and what you choose to do with it is up to you. We hope that you will share and help spread the awareness for Male Breast Cancer.”

Co-Founder, Vicki Singer Wolf



THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.



www.hisbreastcancer.org | hisbreastcancer@gmail.com



HIS Breast Cancer Awareness is a registered 501(c)3 organization and all donations are tax deductible to the extent provided by law.



Yes, Men Can Get Breast Cancer Too!

Even if the percentage of men diagnosed with male breast cancer is small, it is often more fatal for a large percentage of the men diagnosed. Since most men don't know to look for it, the disease is usually found after it has progressed to a more dangerous level.

At last, there's a non-profit organization for information about Male Breast Cancer!

HIS Breast Cancer Awareness is here to help educate and bring awareness that breast cancer is not something experienced exclusively by women. Whether you have been recently diagnosed, have a family history of breast cancer, have been tested genetically, or just want to take precautionary methods for a healthier life, **HIS Breast Cancer Awareness** is here for you.

Please visit our web site www.hisbreastcancer.org to find prevention tips and links to additional information, shop for awareness products, or make a tax-deductible donation through the secure online web site so we can help spread awareness and educate together.

Offering Insight and Education on Male Breast Cancer...

About HIS

Our informative web site and organization were created to assist men and women (girlfriends, wives, siblings, parents, and friends), health care professionals, and anyone who is interested in learning about the risks and treatments associated with Male Breast Cancer, as well as dealing with the emotional aspect and stigmatism of men dealing with this disease.



The first steps for the HIS foundation is to spread awareness and educate for prevention. We talk about different diseases and tragedies all the time with our families, so why not discuss Male Breast Cancer? It's a life-threatening disease and male or female, once diagnosed with breast cancer, your life is never the same.

HIS Breast Cancer Awareness was created in 2009 because, though support appeared to be available for female family members that have dealt with Breast Cancer, we found it difficult to obtain information specific to Male Breast Cancer when it was needed.

We are a brother (Harvey) and sister (Vicki) who have both been diagnosed with Breast Cancer. Our family history has been affected by several different types of cancer over the years. Breast Cancer has afflicted our aunt, our mother, Vicki three times over an 11-year span, and then Harvey.

We are both BRCA2 Positive. We have five children between us and ALL ARE BOYS! Because each of our sons has a 50/50 chance of also being BRCA2 Positive, our goal is to create a life where this disease does not exist, or at least can be easily managed or avoided by their day-to-day lifestyle. As long as Breast Cancer exists, we want to make sure that men and women are AWARE and INFORMED that Breast Cancer does not care what sex you are!

Co-Founders,
Harvey I. Singer
Vicki Singer Wolf

Our Life-saving Tips

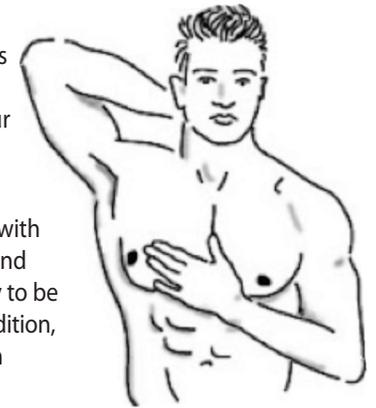
Do the men in your life conduct self breast exams? Probably not. So who's checking? A breast exam is not likely to take place at their annual check-ups, no one is suggesting a yearly mammogram, and it's doubtful that they were ever given an instruction sheet on how to check themselves. **HIS Breast Cancer Awareness** is working to change this. The following illustrates how a man should check for breast cancer, just as women do. Share it with the men in your life, and you just may help save their lives!

How to Perform a Male Self Breast Exam

Step 1: Begin by standing in front of a mirror with your arms on your hips to tighten your chest muscles and inspect yourself. Watch for any changes such as dimpling, swelling and areas around the nipple **or if the nipple becomes inverted**. Raise your arms above your head and continue to examine your breast and arm pit areas.

Step 2: Move around the breast in a circular motion with the fingertips. You can perform this in either an up and down method, a circular or a wedge pattern, but try to be consistent using the same method each time. In addition, check the nipple area for any discharge. Complete on both breasts.

Step 3: In addition to standing, you can also examine your breasts lying down. To do so, place a pillow under your right shoulder and bend your right arm over your head. Then, with the fingertips on your left hand, begin checking by pressing all areas of the breast and armpit. Once completed on the right, move the pillow to under your left shoulder and repeat the same process.



Symptoms of breast cancer for men are no different than they are for women. What is different is men need to be aware they can be diagnosed with breast cancer and know any symptom, needs to be checked. Soreness of breast or lumps and bumps may not be just because of a hard workout in the gym or other heavy lifting, etc

- Mass located under the nipple
- Skin dimpling or puckering
- Inverted or retraction of nipple
- Itching of the nipple area
- Nipple discharge- may be bloody or clear
- Redness or scaling of the nipple

Other symptoms may include a lump or swelling under the arm in the lymph node area as well as the collar bone. A common cause and diagnosis for men with these symptoms can be gynecomastia which is an enlargement of breast tissue and is not related to cancer.

BRCA1 and BRCA2 in Men

Everyone has BRCA1 and BRCA2 genes. These genes help repair damage to the DNA within cells. However, some individuals inherit a mutation in one of their BRCA genes, which increases their risk for certain cancers, including breast (female and male), ovarian, pancreatic and prostate cancers, as well as melanoma. Those who test positive for a gene mutation have options available to lower and manage their cancer risks.

Men can carry BRCA1 and BRCA2 gene mutations and can be at increased risk for certain cancers. While cancer risks in male BRCA mutation carriers are not as dramatically elevated as those of female BRCA mutation carriers, cancer risk management and early detection are crucial. It is important for both men and women to remember that a family history of breast, ovarian, prostate or pancreatic cancers on their father's side of the family may indicate a hereditary gene mutation. Many people mistakenly believe a family history of breast or ovarian cancer only matters on the mother's side of the family. Men can inherit a BRCA gene mutation from their mother or father and can pass on their BRCA gene mutation to their male and female children.

Medical management for men with BRCA1/2 mutations changes at age 35-40. Starting at age 35, male BRCA mutation carriers should begin clinical breast exams every year with a physician. At age 40, prostate cancer screenings are recommended for BRCA2 carriers and considered for BRCA1 carriers. Men with a BRCA mutation and family history of pancreatic cancer or melanoma should speak to a physician to develop a personalized screening plan for those cancers.

Men in a family with a known BRCA mutation may also wish to undergo genetic testing to make reproductive decisions. The decision to use reproductive technologies to avoid passing on genetic traits is a deeply personal choice. For individuals that want to consider these technologies, preimplantation genetic diagnosis (PGD) can be used with in vitro fertilization. PGD involves screening embryos (fertilized eggs) for a specific genetic mutation, such as BRCA1/2 mutations, before being transferred into a woman's womb. This can be an option for individuals who carry a hereditary condition and wish to significantly reduce the chance of passing it on to a child.

Frequently asked questions about BRCA1 and BRCA2

Which men should consider genetic counseling for a BRCA1 or BRCA2 mutation?

- Men in a family with a known BRCA mutation
- Men with a personal history of male breast cancer
- Men with a personal history of prostate cancer with at least one close relative with breast cancer under age 50, ovarian, pancreatic or prostate cancer at any age
- Men with a personal history of pancreatic cancer with at least one close relative with breast cancer under age 50 or ovarian or pancreatic or prostate cancer at any age
- Men with a personal history of pancreatic cancer and are of Ashkenazi Jewish ancestry
- Men with a family history of breast cancer under 50, cancer in both breasts, ovarian cancer, or any of the above criteria may also be recommended for genetic counseling.

How do I collect my family history before my visit to a genetics professional?

Collect a detailed family history of cancer from blood-relatives on both your mother's and father's side of the family. This includes your first degree (parents, siblings, children), second degree (half-siblings, grandparents, aunts, uncles) and third degree (cousins, great grandparents, great-aunts, great-uncles) relatives.

How common are BRCA1 and BRCA2 mutations?

Inherited mutations in BRCA1 and BRCA2 are not common. About 1 in 500 to 1 in 800 individuals in the general population have a mutation. Individuals of Ashkenazi Jewish descent have a 1 in 40 chance of carrying a BRCA1/2 mutation. This is at least a ten times greater probability than that of the general population.

Can women and men carry BRCA mutations?

Both women and men can carry BRCA mutations and pass them on to their male and female children.

What is the chance of passing on or inheriting a BRCA mutation?

If a mother or father carries a mutation, there is a 50% chance of passing it on to each child. This means that not all individuals from families with BRCA mutations inherit the same cancer risk.

How much is BRCA testing and does insurance cover it?

The cost of BRCA genetic testing varies by the type of test done. These costs are often covered, either in part or in full, by insurance carriers when an individual meets certain guidelines for testing. Medicare typically covers genetic testing for individuals with a personal history of cancer. Medicaid coverage varies by state.

What if I do not have insurance or cannot afford my BRCA testing?

Some medical centers and testing labs have financial assistance programs to assist uninsured and underinsured individuals with the cost of their BRCA testing.

Will a BRCA test result interfere with getting health insurance?

Federal legislation known as the Genetic Information Nondiscrimination Act (GINA) prevents employers and health insurance companies from discriminating against individuals based on their genetic information.

Are mutations in BRCA1/2 the only ones that impact cancer risk?

Although mutations in the BRCA1/2 genes are important predictors of cancer risk, they are not the only ones. A thorough risk assessment by a cancer genetics professional can help to determine if testing for other gene mutations is recommended.

How can I find a genetics specialist?

The National Society of Genetic Counselors (www.nsgc.org) is a helpful resource for finding genetics professionals in your area.

The Basser Center for BRCA at Penn Medicine's Abramson Cancer Center is the first and only comprehensive center solely devoted to funding research across the globe, educating providers and patients, and advancing care for BRCA-related cancers. www.basser.org

From the Basser Center for BRCA in collaboration with HIS Breast Cancer Awareness.



HIS Breast Cancer Awareness, offering insight and education on male breast cancer is here to inform, to educate and bring awareness, regarding breast cancer in men. We are here to assist and inform once you have been diagnosed with breast cancer.