

What Men Can Do

If you are male and have any of these symptoms in your breast area, you need to see your doctor immediately:

- If there is a history of breast cancer in your family, tell your doctor and request a regular breast examination or yearly mammogram.
- If something seems abnormal with your nipple or breast, seek medical intervention immediately.
- Self-screen your breast area regularly and report any concerns to your doctor.

The Prognosis

Male breast cancer in Canada is extremely rare and little can be done to affect the actual number of men diagnosed each year.

With better education, awareness, and self-screening, we can positively affect early detection and medical intervention, giving men a better chance of survival, and lowering mortality rates for this disease.

Sources

- a) Canadian Cancer Society
www.cancer.ca
- b) Quebec Breast Cancer Foundation
www.rubanrose.org
- c) American Cancer Society
www.cancer.org



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**Male Breast Cancer Awareness
in Canada**



***“No more shame,
no more stigma
and no more silence!”***

It's time to KNOW MORE!

The Facts

- 1 in 8 women is diagnosed with breast cancer each year and 1 in 934 men is too.
- Researchers estimate that approximately 290 men will be diagnosed with male breast cancer in Canada this year, and 60 of them will die.
- The 5-year net survival rate for women is 89%, whereas the rate for men is only 76%.
- In Canada, there is currently no research, no education, no awareness, and no support for men with breast cancer... until now.
- Male breast cancer is a silent killer and men need to know the facts.

The Symptoms

If you are male and have any of these symptoms in your breast area, you need to see your doctor immediately.

Symptoms to look for:

- Breast or nipple swelling and redness
- Burning sensation and irritation around the nipple
- Blood or other fluid discharge from the nipple
- Flattened nipple (*especially in the cold or during sexual arousal*)
- Dimpling or puckering of the breast area
- Sores or rash on the nipple and areola
- Change in the breast size and shape
- A lump (*generally small, hard, and pea-sized*)

The Risk Factors

The following are some common risk factors that may be associated with a male breast cancer diagnosis.

They include:

- Age (*generally in men over 60 years, but can be found at any age*)
- Family history (*breast cancer and/or mutations of the BRCA gene, affecting females in the family*)
- High estrogen levels (*caused by obesity, certain medications or hormone treatments*)
- Radiation (*side effect of radiation therapy in the chest area*)
- Testicular issues (*injuries, inflammation or removal of testicles*)
- Alcohol (*heavy consumption and liver disease*)
- Klinefelter syndrome (*a rare genetic condition at birth*)



THE BOTTONI PROJECT

was created in October 2021 to bring an awareness of male breast cancer, and support for Canadian men who suffer with shame, stigma, and in silence from this disease each day.

"It's rare, but it's real. It's something we need to increase awareness of. Forget the stigma. It's nothing to be embarrassed about!"

Dr. David Bottoni
Breast Cancer Surgeon, STEGH

"Mine was the best possible outcome in a frightening situation. I noticed changes in my breast area and sought medical attention early. I was cured of male breast cancer and my life was saved!"

Brian Lynch
Creator of THE BOTTONI PROJECT