BREAST CANCER... MEN GET IT TOO

“I want to make sure men know that this is not just a women’s disease.”
-Jerry, breast cancer survivor

“There is a lot of breast cancer in my family. I thought men were immune.”
-Les, breast cancer survivor

“The pink ribbon ticks me off...it encourages people to ignore breast cancer symptoms in men.”
-Floyd, breast cancer survivor

“In the time of need, there was no men’s group available. I’m glad there’s one now.”
-Jeff, breast cancer survivor

WE DID

THIS POSTCARD WAS CREATED BY THE MEN IN THE BREAST CANCER SUPPORT GROUP AT THE ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

www.adelphi.edu/nysbreastcancer • 800.877.8077
If you find you have breast cancer, you don’t have to go through it alone. There are other men who have had mastectomies, radiation, chemo therapy, hormone therapy and reconstruction. You can speak with them, ask questions, share stories...call our hotline at 800-877-8077 for more information.

WE ARE ALL PARTICIPANTS IN THE MEN’S SURVIVOR GROUP AT THE ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM.

THERE ARE SEVERAL THINGS THAT UNITE US:

• We are all breast cancer survivors.
• Some of us are long-term survivors of over 10 years.
• Some of us are recently diagnosed and are still being treated.
• We all feel that not enough information is available for men with breast cancer.
• None of our routine exams ever checked for breast cancer.
• We all want to help other men going through similar situations.

BE AWARE OF THE SYMPTOMS.

*Men need to know that breast cancer is not limited to women. If you notice any breast changes, you should see your health care professional as soon as possible.*

These are some symptoms to be aware of:

• A lump or swelling, which is usually painless
• Skin dimpling or puckering
• Nipple pain
• Nipple retraction (turning inward)
• Redness or scaling of the nipple or breast skin
• Discharge from the nipple

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