

Male Breast Cancer Self Exam

<p>How to Check Yourself for Male Breast Cancer</p>	<p><i>Male Breast Self-Exam (MBSE)</i></p>
<ol style="list-style-type: none"> 1. Check each breast one at a time. 2. Use your right hand fingers to check your left breast, and your left hand fingers to check your right breast. 3. With your fingers flat against the breast press firmly in small, clockwise circles. 4. Start at the outermost top edge of your breast and spiral towards the nipple. 5. Feel for hard lumps or bumps in your breast. 6. Be certain to cover all parts of your breast. 7. Gently squeeze both nipples and look for any discharge. 8. Look carefully for changes in the size, shape, and contour of each breast, e.g., puckering, dimpling, or changes in skin texture. 	<p><i>When is the best time to perform the MBSE?</i></p> <ul style="list-style-type: none"> • During or right after a warm shower or bath • Warm, soapy water relaxes and smoothes the skin, making the MBSE easier to perform • Remember to do the MBSE once a month <p><i>What are the symptoms?</i></p> <p>A hard, painless lump in the breast tissue (most common sign)</p> <p>Pain in the breast</p> <p>Nipple retraction (turning inward)</p> <p>Redness or scaling of the nipple or breast skin</p> <p>Discharge from the nipple</p> <p>However, remember that most breast lumps in men are due to gynecomastia and not cancer.</p>





