



SASSY SURVIVOR BREAST HEALTH ALLIANCE

Making Awareness A Priority

Breast Cancer & Black Men: What Every Family Should Know

Breast cancer is not just a woman's disease. Although rare, it affects men of every background. Black men experience higher rates of diagnosis and death than White men. Awareness, timely evaluation and access to quality care matter.



What the numbers tell us

2026 U.S. estimates: About **2,670** men will be diagnosed with invasive breast cancer and about **530** men will die from it (American Cancer Society). Male breast cancer accounts for **less than 1%** of breast cancer cases in the United States.

Lifetime risk: About **1 in 1,000** men will develop breast cancer during their lifetime. This is an average, not an individual prediction.

Why focus on Black men? National research documents higher incidence and mortality among Black men than White men. The original 2022 article cited 52% and 76% differences; those study-specific figures should not be presented as current nationwide rates. Researchers continue to examine the roles of inherited risk, access to care, diagnosis and treatment.

Warning signs: Do not ignore changes

- A new lump or swelling in the breast or underarm, with or without pain
- A nipple that turns inward, or nipple discharge (especially bloody discharge)
- Redness, flaking, scaling, dimpling or puckering of breast or nipple skin
- Any persistent change in the size, shape or feel of the chest

Important: Most breast changes are not cancer, but a new or unusual change deserves prompt medical evaluation.



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Know Your Risk. Speak Up. Take Action.

Who may have a higher risk?

Risk increases with age. Other factors include a family history of breast or ovarian cancer, inherited gene variants such as **BRCA2**, certain conditions associated with higher estrogen levels (including Klinefelter syndrome), prior chest radiation, and some liver conditions. Having a risk factor does not mean a man will develop breast cancer.

Family history matters—for men and women

An inherited BRCA mutation can be passed down by either parent. Men with a strong family history of breast, ovarian, pancreatic or prostate cancer—or a known familial mutation—should ask a healthcare professional about **genetic counseling and testing**. Men diagnosed with breast cancer should be offered genetic counseling and testing.

What should I do if I notice a change?

1. Contact your primary care provider promptly; do not wait for pain.
2. Describe when the change began and whether it is growing.
3. Ask what examination, imaging or biopsy is needed.
4. Keep follow-up appointments and ask for help navigating referrals or costs.

Questions to ask your healthcare team

- Could this lump or change be breast cancer, and what tests will tell us?
- Does my personal or family history suggest genetic counseling?
- If cancer is diagnosed, what type and stage is it, and what are my treatment options?
- What support services can help me through diagnosis and treatment?

A message to our fathers, brothers, husbands and sons

Your health matters. You deserve to be heard, to receive answers, and to have access to timely, compassionate care. Knowing the signs is not about fear—it is about taking action for yourself and those who love you.

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Sources: American Cancer Society, *Key Statistics for Breast Cancer in Men* (2026); American Cancer Society, *Breast Cancer Facts & Figures 2024–2025*; National Cancer Institute, *Male Breast Cancer Treatment (PDQ)*; CDC, *Breast Cancer in Men*.

Educational information only; not a substitute for individualized medical advice. Updated October 2026.