

# Can Men Get Breast Cancer? What Seniors Should Know

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The answer to '**Can men get breast cancer?**' is yes. The disease often begins when hormones, age, or inherited genes trigger changes in the small amount of breast tissue men naturally have.

The American Cancer Society finds that nearly one out of 726 men receives a breast cancer diagnosis at some point in life. Knowing this risk, older men benefit from learning warning signs, risk factors, and prevention tips.

Ridgeland, MS, sits just north of Jackson and offers seniors access to quality healthcare. For older men, that makes it easier to catch breast cancer early and get the right treatment. Keep reading to learn more about breast cancer and how to protect your health.

## At what Age Do Men Usually Get Breast Cancer?

Men most often face breast cancer later in life, with most cases diagnosed between ages 60 and 70, per the National Breast Cancer Foundation. That makes breast cancer awareness a key issue in senior men's health, since aging increases the chance of changes in breast tissue.

The **average age at diagnosis is 67**, showing how risk grows with time. By choosing an independent living Ridgeland, MS community, you'll be close to hospitals and specialists. That makes it easier to get checked and start treatment when needed.

## What Is the Survival Rate for Men With Breast Cancer?

Survival depends on several factors, including the stage at diagnosis and how quickly treatment begins. Strong male breast cancer awareness helps you notice symptoms early, which improves the outlook.

Doctors look at tumor size, lymph node involvement, and overall health to guide treatment decisions. In a community like [Summerhouse Beau Ridge](#), the supportive environment and close-knit care raise quality of life, which can help with long-term recovery.

## What Type of Doctor Treats Male Breast Cancer?

There isn't just one doctor who treats male breast cancer. Care usually comes from a team of specialists working together to guide your treatment plan. The professionals often involved include:

- Oncologists
- Surgeons
- Radiologists
- Pathologists
- Nurses

In a [Beau Ridge independent living](#) community, dedicated staff help with medication management. They support seniors as they follow treatment schedules and handle ongoing care.

## Common Risk Factors

People often wonder, '**Can men get breast cancer?**' The answer is yes, and certain risks make it more likely. Age is the biggest factor, since most cases appear in later years. Family history and inherited gene changes also raise the chance of developing the disease.

Other risks include the following:

- Obesity
- High estrogen levels
- Past radiation to the chest

Alcohol use and other lifestyle choices can add pressure to your health

## Early Signs and Symptoms to Watch For

The most common [breast cancer signs](#) in men include a ***painless lump in the chest***, changes in the skin, or discharge from the nipple. You may also notice swelling in nearby lymph nodes or a shift in breast shape.

In a Ridgeland independent living community, staff handle housekeeping and maintenance, so you can focus on your health. That kind of support frees up time and energy for regular checkups and treatment if needed.

## How Diagnosis and Treatment Work for Men

Doctors begin with physical exams, imaging, and biopsies to confirm breast cancer in men. Once results are clear, they design a plan that may involve surgery, medication, or radiation.

Follow-up care often requires structure, reminders, and daily help. At Summerhouse Beau Ridge, our [SHINE® Memory Care](#) support team offers 24/7 care to residents. Doing so helps keep health needs on track during treatment.

## Prevention and Support for Older Men

Breast cancer prevention begins with everyday choices that lower your risk. Eating ***nutrient-rich foods and staying active*** keeps your body strong, while cutting back on alcohol reduces added strain.

You can also take steps that go beyond lifestyle. Useful habits include:

- Schedule routine checkups
- Discuss family history with your doctor
- Learn the early warning signs
- Follow treatment plans for other health issues

If you're facing breast cancer in addition to cognitive challenges, you may benefit from living in a community offering memory care in Ridgeland, MS. Memory care programs offer routines and gentle reminders, helping you manage treatment even when memory problems make it harder.

# Frequently Asked Questions

## How Long Can You Have Breast Cancer Without Knowing?

You can live with breast cancer for *months or even years* before noticing symptoms. The disease often grows slowly at first, which makes it easy to miss early changes.

A small lump, skin change, or nipple discharge may appear later as warning signs. Regular checkups give you the best chance to catch it early and start treatment.

## How Do Men Check Themselves for Breast Cancer?

You check yourself by pressing the chest with the flat part of your fingers to *feel for lumps*. Move in small circles from the nipple outward to cover all breast tissue.

Stand before a mirror to look for skin changes, swelling, or nipple discharge. If you spot anything unusual, see your doctor.

## Is Breast Cancer Hereditary?

Yes, breast cancer can be hereditary when gene mutations are passed through families. Mutations in the *BRCA1 and BRCA2 genes* are the best-known causes of higher inherited risk.

If close relatives had breast or ovarian cancer, your chance of developing it is higher. You can talk with your doctor about genetic testing to better understand your risk and next steps.

## What Does a Male Breast Tumor Feel Like?

A male breast tumor often feels like *a firm lump under or near the nipple*. It usually does not move around when pressed and may feel harder than the surrounding tissue.

You might also notice tenderness, swelling, or skin changes near the lump. A healthcare professional can confirm if what you notice is harmless or needs treatment.

## Can Men Get Breast Cancer: Key Takeaways for Seniors

The answer to 'Can men get breast cancer?' is yes, and awareness matters most for older men. Risk rises with age, but early detection, proper treatment, and supportive

communities make a difference.

At SummerHouse Beau Ridge, we have a **24/7 concierge team** that handles the details of daily living. Residents also enjoy three chef-prepared meals each day and take part in shaping the menus. [Schedule a tour](#) to see how we support your health while giving you freedom to focus on what matters most.