

Breast Cancer



Breast cancer is cancer that begins in the breast tissue. It develops when breast cells change and grow out of control.

Types of Breast Cancer	
Ductal carcinoma	This begins in the cells of the ducts. It is the most common type.
Lobular carcinoma	This begins in the lobules and is usually found in both breasts.
Inflammatory breast cancer	Cancer cells block the lymph vessels in the skin of the breast. The breast becomes red, warm, and swollen.
Paget's disease of the breast	This is a rare cancer that affects the skin of the nipple. It also affects the darker skin around the nipple.

Risk Factors

- Early menstrual period
- Menopause at a later age
- Dense breast tissue
- Receiving hormone therapy for menopausal symptoms
- History of breast cancer or benign breast disease
- Alcohol consumption
- Obesity
- Advanced age

Symptoms

- Change in breast size or shape
- Nipple discharge that is not breast milk
- Pain in any part of the breasts

- Dimple or puckering of the breast skin
- The nipple appears to be pushed inward (inverted nipple).

Know Your Breasts

Being familiar with how your breasts look and feel can help you notice symptoms such as lumps, pain, or changes in size that may cause concern. Reporting any changes to your doctor is important for early detection.

Breast cancer in men

Male breast cancer is a rare cancer that forms in the breast tissue of men. It is more common in older men, although it can occur at any age. If diagnosed early, it has a high chance of being cured.

Symptoms:

- Dimpled, wrinkled, or scaly skin
- Scaly or sunken nipple
- Bleeding or discharge from the nipple

The cause of male breast cancer is unknown. Doctors say it occurs when breast tissue cells produce changes in their DNA.



How is breast cancer diagnosed?

Depending on the findings, even if you don't have symptoms, breast cancer screening tests will be ordered, such as a mammogram or an ultrasound that uses sound waves to display images on a monitor.

Your doctor may order other tests, such as:

- **Clinical breast exam:** The doctor will feel for lumps or anything else that seems unusual in your breasts and armpits.
- **Ultrasound:** A diagnostic imaging test that uses ultrasonic waves to measure tissue, organs, and internal structures to produce images.

- **Magnetic resonance imaging (MRI):** A procedure that uses a magnet, radio waves, and a computer to create a series of detailed images of the breasts.
- **Blood chemistry studies:** A blood sample is examined to measure the amount of certain substances released into the blood by the body's organs and tissues.
- **Biopsy:** The removal of cells or tissues so they can be viewed under a microscope by a pathologist to determine if there are any signs of cancer.



How is breast cancer treated?

- Treatment depends on the size of the tumor, whether it has spread, and whether it responds to hormones.
- These include surgery, radiation therapy, chemotherapy, hormone therapy, targeted therapy, and immunotherapy. Your doctor will identify the appropriate treatment based on the stage of the cancer.

Prevention

Making lifestyle changes can reduce your risk of breast cancer. These include:

- Maintaining a healthy weight.
- Talk to your doctor about breast cancer screening.
- Perform regular self-examinations.
- Be physically active most days of the week.
- Avoid alcohol.
- Limit hormone therapy during menopause.
- If possible, breastfeed your children.
- Tell your doctor if you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes.



Important: Starting at age 40, have your mammogram every year or as directed by your doctor.

Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can address the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References:

<https://www.breastcancer.org/es/tipos/cancer-de-mama-en-hombres>

<https://www.mayoclinic.org/es-es/diseases-conditions/male-breast-cancer/symptoms-causes/syc-20374740>

<https://www.mayoclinic.org/es-es/diseases-conditions/inflammatory-breast-cancer/symptoms-causes/syc-20355413>

<https://medlineplus.gov/spanish/breastcancer.html>

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