

“Sir, You Have Breast Cancer...”

“October is Breast Cancer Awareness Month and the anniversary of a time in my life I will certainly never forget.

Fifteen years ago, I had no interest or concern with Breast Cancer. I was a 40 year old man who had a healthy wife and family. But in 1995 my mom was diagnosed with the disease. One month later, my little sister, at the age of 36, was also diagnosed with Breast Cancer, one of 3 bouts to come. A few years prior my mom’s sister, my godmother, went through complete bilateral mastectomy surgery for her breast cancer. Although I was concerned for them, I had no idea what they were personally feeling or going through.



Separate but together, my mom and sister went through surgery and treatment. Still, and possibly because I was living out of state, I had little comprehension of exactly the type of mental anguish and turmoil that was consuming their daily lives. Even after my sister completed genetic testing and discovered that our family is a carrier of the BRCA2 mutation, I didn’t relate it to me; I’m a guy, why would this effect me? But in October 2008, I suddenly found out!

Very few people even know that men can get Breast Cancer. It’s rare. One of the rarest of all the male cancers, but it does exist. BELIEVE ME, IT EXISTS. There are huge obstacles being a man with a “woman’s disease,” and it goes way beyond the normal stress and tribulations that consume all cancer patients.”

Read More about my journey and my life leading up to my fight against cancer in my new book "Sir, You Have Breast Cancer!" Available through Amazon.com. 100% of all proceeds from the book go to the HIS foundation.

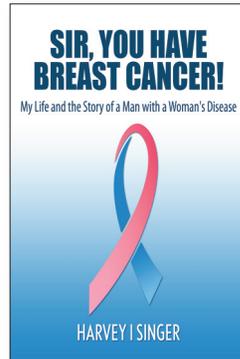
Co-Founder, Harvey I. Singer (H.I.S.)

“For my husband, brothers, sons, nephews, and someday grandchildren, it became apparent that HIS Breast Cancer Awareness is truly needed and is a very important foundation to me. Modah Ani “I am thankful” that we have been given the opportunity to take something bad and turn it in to something good.

We continue to live our lives by making the best choices we can.

We do not have total control of our health, especially due to our genetic makeup, but we do have options and so do you. Education is an important tool and what you choose to do with it is up to you. We hope that you will share and help spread the awareness for Male Breast Cancer.”

Co-Founder, Vicki Singer Wolf



Yes, Men Can Get Breast Cancer Too!

Even if the percentage of men diagnosed with male breast cancer is small, it is often more fatal for a large percentage of the men diagnosed. Since most men don’t know to look for it, the disease is usually found after it has progressed to a more dangerous level.

At last, there’s a non-profit organization for information about Male Breast Cancer!

HIS Breast Cancer Awareness is here to help educate and bring awareness that breast cancer is not something experienced exclusively by women. Whether you have been recently diagnosed, have a family history of breast cancer, have been tested genetically, or just want to take precautionary methods for a healthier life, **HIS Breast Cancer Awareness** is here for you.

Please visit our web site www.hisbreastcancer.org to find prevention tips and links to additional information, shop for awareness products, or make a tax-deductible donation through the secure online web site so we can help spread awareness and educate together.



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HIS Breast Cancer Awareness is a registered 501(c)3 organization and all donations are tax deductible to the extent provided by law.

Offering Insight and Education on Male Breast Cancer...

About HIS

Our informative web site and organization were created to assist men and women (girlfriends, wives, siblings, parents, and friends), health care professionals, and anyone who is interested in learning about the risks and treatments associated with Male Breast Cancer, as well as dealing with the emotional aspect and stigmatism of men dealing with this disease.

The first steps for the HIS foundation is to spread awareness and educate for prevention. We talk about different diseases and tragedies all the time with our families, so why not discuss Male Breast Cancer? It's a life-threatening disease and male or female, once diagnosed with breast cancer, your life is never the same.

HIS Breast Cancer Awareness was created in 2009 because, though support appeared to be available for female family members that have dealt with Breast Cancer, we found it difficult to obtain information specific to Male Breast Cancer when it was needed.

We are a brother (Harvey) and sister (Vicki) who have both been diagnosed with Breast Cancer. Our family history has been affected by several different types of cancer over the years. Breast Cancer has afflicted our aunt, our mother, Vicki 3 times over an 11-year span, and then Harvey.

We are both BRCA 2 Positive. We have 5 children between us and ALL ARE BOYS! Because each of our sons has a 50/50 chance of also being BRCA 2 Positive, our goal is to create a life where this disease does not exist, or at least can be easily managed or avoided by their day-to-day lifestyle. As long as Breast Cancer exists, we want to make sure that men and women are AWARE and INFORMED that Breast Cancer does not care what sex you are!

Co-Founders,
Harvey I. Singer
Vicki Singer Wolf

Our Life-saving Tip

Do the men in your life conduct self breast exams? Probably not. So who's checking? A breast exam is not likely to take place at their annual check-ups, no one is suggesting a yearly mammogram, and it's doubtful that they were ever given an instruction sheet on how to check themselves.

HIS Breast Cancer Awareness is working to change this. The following illustrates how a man should check for breast cancer, just as women do. Share it with the men in your life, and you just may help save their lives!

How to Perform a Male Self Breast Exam

Step 1: Begin by standing in front of a mirror with your arms on your hips to tighten your chest muscles and inspect yourself. Watch for any changes such as dimpling, swelling and areas around the nipple **or if the nipple becomes inverted**. Raise your arms above your head and continue to examine your breast and arm pit areas.



Step 2: Move around the breast in a circular motion with the fingertips. You can perform this in either an up and down method, a circular or a wedge pattern, but try to be consistent using the same method each time. In addition, check the nipple area for any discharge. Complete on both breasts.

Step 3: In addition to standing, you can also examine your breasts lying down. To do so, place a pillow under your right shoulder and bend your right arm over your head. Then, with the fingertips on your left hand, begin checking by pressing all areas of the breast and armpit. Once completed on the right, move the pillow to under your left shoulder and repeat the same process.