



Unveiling Male Breast Cancer Truths

Description

Editor's note: Dr. Jamin Brahmhatt, a urologist and robotic surgeon at Orlando Health and former president of the Florida Urological Society, shared an intriguing case about a male patient who presented with breast enlargement. Initially attributed to medication side effects, further investigation revealed an abnormal spot on a mammogram, leading to a breast cancer diagnosis.

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Men's susceptibility to breast cancer, though rare at 1% of cases, underscores the importance of early detection. Lack of routine screenings and late-stage diagnoses contribute to more aggressive treatments. Men with BRCA mutations face heightened risks, emphasizing the significance of genetic testing and vigilance towards breast changes.

Similarly, BRCA mutations elevate prostate cancer risks, as illustrated by a mid-40s patient's proactive testing leading to a prostate cancer diagnosis. Comparatively, male breast cancer survival rates (77.6%) lag behind females (86.4%), necessitating heightened awareness and regular self-exams.

Break gender stereotypes surrounding male breast cancer and prioritize self-awareness. Broach any concerns with medical professionals promptly, especially with a family history of cancer. This Breast Cancer Awareness Month, strive to destigmatize male breast cancer, encourage dialogues, and advocate for early detection strategies to prolong and enhance men's lives.

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Vocabulary List:

1. **Susceptibility** /səˌsɛp.təˈbɪl.ɪ.ti/ (noun): The state of being likely to be influenced or harmed by a particular thing.
2. **Vigilance** /ˈvɪdʒ.ɪ.ləns/ (noun): The action or state of keeping careful watch for possible danger or difficulties.
3. **Proactive** /prəʊˈæk.tɪv/ (adjective): Creating or controlling a situation rather than just responding to it after it has happened.
4. **Destigmatize** /ˌdes.tɪg.mə.taɪz/ (verb): To remove the stigma associated with something; to normalize.
5. **Diagnosis** /ˌdaɪ.əgˈnoʊ.sɪs/ (noun): The identification of the nature of an illness or other problem by examination of the symptoms.
6. **Awareness** /əˈwɛr.nəs/ (noun): Knowledge or perception of a situation or fact.

Vocabulary quizzes



Multiple Choice (Select the Correct answer for each question.)

1. Which term refers to the proportion of individuals in a population having a particular ailment at a specific time?

- Option: Archaeologists
- Option: Skeletal
- Option: Prevalence
- Option: Diagnosis

2. Which term describes a condition involving the progressive degeneration of the structure or function of the nervous system?

- Option: Attribute
- Option: Prion
- Option: Neurodegenerative
- Option: Destigmatize

3. What term means to make something less severe serious or painful?

- Option: Intriguing
- Option: Mitigate
- Option: Consumption
- Option: Expenditure

4. Who are scientists who study past human societies through their material remains?

- Option: Proactive
- Option: Archaeologists
- Option: Vigilance
- Option: Significance

5. Which term refers to the using up of a resource?

- Option: Proactive
- Option: Consumption
- Option: Susceptibility
- Option: Destigmatize

6. What is a potentially serious sleep disorder in which breathing repeatedly stops and starts during sleep?

- Option: Inefficiency
- Option: Mitigate
- Option: Obstructive
- Option: Apnea

7. Which term refers to the identification of the nature of an ailment or other problems through examination of the symptoms?



- Option: Skeletal
- Option: Prion
- Option: Diagnosis
- Option: Consumption

8. What term refers to having knowledge or perception of a situation or fact?

- Option: Prion
- Option: Significance
- Option: Awareness
- Option: Havoc

9. Which term describes a harmful or evil influence?

- Option: Intriguing
- Option: Malevolent
- Option: Inefficiency
- Option: Consumption

10. Which term refers to a connection or cooperative link between people or organizations?

- Option: Association
- Option: Mitigate
- Option: Obstructive
- Option: Prion

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ remains provide valuable insights into the physical characteristics of past populations.

12. It is important to maintain _____ against potential security threats.

13. Taking a _____ approach can help prevent issues before they occur.

14. Efforts are being made to _____ mental health issues and encourage open discussions.

15. Understanding the historical _____ of artifacts is crucial in archaeology.

16. An _____ sleep apnea can lead to serious health complications.



17. The company reduced unnecessary _____ to improve profitability.
18. Addressing _____ in processes can lead to cost savings and productivity gains.
19. Certain populations may have a higher _____ to specific diseases.
20. Post-surgery the patient experienced some unexpected _____ that required further treatment.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Prions are infectious agents composed of protein in a misfolded form.
22. Alzheimer's disease is a common type of disorder.
23. A minor like the flu can sometimes lead to significant complications.
24. The hurricane wreaked on the coastal town causing widespread destruction.
25. Genetic factors can increase one's _____ to certain environmental factors.
26. Being _____ rather than reactive can help in preventing crises.
27. Excessive food can lead to health problems such as obesity.
28. The team worked to meet the deadline for the project.
29. Early _____ of cancer can significantly improve treatment outcomes.
30. The study found a strong positive _____ between exercise and mental well-being.

Answer

Multiple Choice: 1. Prevalence 2. Neurodegenerative 3. Mitigate 4. Archaeologists 5. Consumption 6. Apnea 7. Diagnosis 8. Awareness 9. Malevolent 10. Association

Gap-Fill: 11. Skeletal 12. Vigilance 13. Proactive 14. Destigmatize 15. Significance 16. Obstructive 17. Expenditure 18. Inefficiency 19. Susceptibility 20. Complications

Matching sentence: 1. Prion 2. neurodegenerative 3. ailment 4. havoc 5. susceptibility 6. proactive 7. consumption 8. continuous 9. diagnosis 10. association



CATEGORY

1. Health - LEVEL4

Date Created

2024/10/21

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