

# Myth: Men do not get breast cancer; it affects women only

## Here's The Truth

Quite the contrary, this year it is estimated that approximately 2,800 men will be diagnosed with breast cancer and 530 will die. While this percentage is still small, men should also check themselves periodically by doing a [breast self-exam](#) while in the shower and reporting any changes to their physicians.

[Breast cancer in men](#) is usually detected as a [hard lump](#) underneath the nipple and areola. Men carry a higher mortality than women do, by 25%, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

# Myth: Finding a lump in your breast means you have breast cancer

## Here's The Truth

Only a small percentage of [breast lumps](#) turn out to be cancer. But if you discover a persistent lump in your breast that is new or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a [clinical breast exam](#). He or she may possibly order breast imaging studies to determine if this lump is of concern or not.

Take charge of your health by performing routine [breast self-exams](#), establishing ongoing communication with your doctor, getting an annual clinical breast exam, and scheduling your routine [screening mammograms](#).

# Myth: Breast cancer is more common in women with bigger breasts

## Here's The Truth

There is no connection between breast size and cancer risk, although it can sometimes be more challenging to examine larger breasts. Obesity and [breast density](#), on the other hand, can both increase the [risk of breast cancer](#). In addition, [family history](#) and lifestyle factors can also influence the odds of getting breast cancer.

Women with larger breasts are more likely to report back pain, but this is not a risk factor for breast cancer.

No matter what your breast size, it is important to conduct regular screenings, check-ups, and [mammograms](#). Maintaining a healthy weight and getting regular exercise can also support overall health while [reducing the risk factors](#) for breast cancer.

# Myth: A breast injury can cause breast cancer

## Here's The Truth

Injuries to the breast do not cause cancer.

Injuries caused by car accidents or a blow to the body, for instance, can lead to pain, bruising, or bleeding, which may result in a build-up of blood in the breast known as a hematoma. Additionally, fat necrosis, or scarring of the breast tissue, can occur following an injury, surgery, or biopsy. Generally, these injuries will heal on their own with time; if you are having a [mammogram](#) performed following an injury, however, this may entail additional imaging.

Occasionally, a breast cancer diagnosis may follow an injury, simply because the injury drew attention to a lump that had formed previously. However, the injury did not cause the cancer—the cancer was already there. If you know you have scar tissue from a previous injury or have recently suffered a breast injury, let your doctor know prior to your next mammogram.

It is also a good idea to talk with your doctor if you are experiencing [breast pain](#), a recent injury, swelling, change in the skin on or around your breast, or anything that is out of the ordinary for you.

# Myth: Consuming sugar causes breast cancer

## Here's The Truth

While sugar isn't known for its health benefits, it does not cause breast cancer. Many doctors and health experts encourage patients to reduce or limit sugar intake because it is addictive and can contribute to mood swings, obesity, and illness. Weight gain and obesity, in particular, can increase the incidence of many cancers; however, sugar itself does not help tumors grow, as some myths hypothesize.

Eating too much of any food can contribute to weight gain, obesity, and health issues, which can in turn [increase breast cancer risk](#), but there is no direct link between sugar and breast cancer. Consuming sugar in moderation as part of a healthy diet does not cause breast cancer.

In a nutshell, it is never a bad idea to cut back on sugar consumption, but it shouldn't be blamed for a breast cancer diagnosis. The best forms of sugar are the natural ones found in fruits, vegetables, and whole grains, since they also contain a variety of vitamins and minerals. It is recommended to avoid or reduce sugar in the form of sweetened drinks, desserts, and sauces and dressings, which often come with hidden sugars in the form of fructose, lactose, sucrose, maltose, or glucose.

# **Myth: Carrying a phone in your bra can cause breast cancer**

## **Here's The Truth**

While carrying your cell phone in your bra may not be the most comfortable choice, it does not cause breast cancer. Studies on mobile phone signals have shown no link between phone use and cancer; scientists continue to monitor cell signals for potential longer-term impacts. You might also be pleased to know that brain and nervous system cancers have not changed in frequency, even as cell phone usage has ramped up among all age groups.

Nevertheless, to prevent potential skin burns or other issues, it's ideal to keep your bra for its intended use and carry your mobile phone in a bag, purse, or pocket.