October is Breast Cancer Awareness month. Breast cancer affects both men AND women and it is highly treatable if caught early.

Did you know that a breast self-exam (BSE) is a tool that may help you become familiar with the way your breasts normally look and feel? BSEs may help you find tumors in the time between your annual mammogram and/or clinical breast exam. For men, it may be the only time that such a test is performed.

Doing a BSE is easy and you can learn how to do one by visiting www.komen.org and selecting Understanding Breast Cancer > Early Detection & Screening.

For more information on breast cancer in men, a helpful site to start with is www.breastcancerinmen.com.