

# Understanding Risk Factors for Male Breast Cancer and the Lymphatic System's Role in Defense against Illness and Infection

Gargollo Toretzky\*

Department of Surgical and Molecular Pathology, National Institute of Oncology, Budapest, Hungary

## Opinion Article

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**\*For Correspondence:** Gargollo  
Toretzky, Department of Surgical  
and Molecular Pathology,  
National Institute of Oncology,  
Budapest, Hungary

**E-mail:**

[gargollot@georgetown.com](mailto:gargollot@georgetown.com)

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## ABOUT THE STUDY

Cancer begins in our bodies' cells. Cells are the small building components that make up our bodies' organs and tissues. They divide in a controlled manner to produce new cells. This is how our bodies develop, heal, and restore themselves. The body sends signals to cells directing them when to divide and develop and when to cease growing. When a cell is no longer required or cannot be fixed, it receives a signal to cease functioning and die. Cancer occurs when the regular functioning of a cell fails and the cell becomes aberrant. The defective cell continues to divide, producing an increasing number of abnormal cells. These eventually combine to form a lump (tumour).

Breast cancer is commonly associated with women, but it is important to note that men can also develop this condition. Although male breast cancer is relatively rare, it is still a significant health concern that deserves attention and awareness. In this study, will explore the occurrence of male breast cancer and the underlying factors that contribute to its development. Male breast cancer is a type of cancer that develops in men's breast tissue. While breast tissue in men is typically minimal and underdeveloped compared to women, it still has the potential to undergo malignant transformation. The occurrence of male breast cancer is estimated to be less than 1% of all breast cancer cases. However, the incidence rates have been rising gradually over the years

Oestrogen causes breast swelling in some men. However, this is usually just transient, and no breast tissue develops. At the same time, men begin to produce more testosterone. This counteracts the effects of oestrogen. The balance of these hormones can also be changed as men age or as a side effect of certain medications like chronic liver illness, obesity, and an overactive thyroid gland (hyperthyroidism) can all have an impact on hormone balance this also can cause breast tissue to expand.

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The lymphatic system aids in the protection of the body against infection and disease. It also removes lymph fluid from the body's tissues and returns it to the blood. The lymphatic system is comprised of fine tubes known as lymphatic vessels, which connect to groups of lymph nodes located throughout the body. Lymph nodes (also known as lymph glands) are small bean-shaped structures. During an infection or when there is a spread of cancer cells, lymph nodes play a vital role in filtering lymph fluid and fighting off microorganisms and disease-causing agents. Lymph nodes often enlarge or expand when there is an infection, as they work to combat the infection. In the case of breast cancer, if cancer cells begin to move beyond the breast, they are most likely to travel to the lymph nodes in the armpit region. These lymph nodes, known as the axillary lymph nodes, are frequently the first site of metastasis (spread) for breast cancer. Therefore, it is important to perform tests to examine the lymph nodes and look for the presence of cancer cells.

Male breast cancer is a rare but a serious condition that, if addressed, can have catastrophic health repercussions. While the causes of this condition are still unknown, there are numerous recognized risk factors that can increase the likelihood of acquiring it, such as age, family history, and exposure to high levels of oestrogen. Recognising male breast cancer signs, such as lumps or changes in breast tissue, is also critical for recognising the disease early and receiving prompt treatment.

Although male breast cancer is less common than female breast cancer, it is nevertheless critical to raise awareness of the disease and promote early detection and treatment. Understanding the risk factors and symptoms of male breast cancer allows patients and healthcare providers to collaborate to prevent, detect, and treat the disease, thereby improving outcomes and saving lives