

# Trends of Male Breast Cancer in a Tertiary Cancer Center of Nepal over 12 year's Period

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Received Date: 10 January 2024 | Accepted Date: 22 January 2024 | Published Date: 29 January 2024

Citation: Deepak S. Mouni., Rupesh Roshan, (2024), Trends of Male Breast Cancer in a Tertiary Cancer Center of Nepal over 12 year's Period, *Journal of Clinical Surgery and Research*, 5(1); DOI:10.31579/2768-2757/106

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## Abstract:

Male breast cancer comprises approximately 1% of all diagnosed breast cancers. A novel study was conducted, examining the trend of male breast cancer in a tertiary cancer center of Nepal over 12 year's period (2010 to 2022). This investigation data was taken from the historical patient records from breast onco- unit concludes that increasing incidence of male breast cancer and accounts for around 3.5% of all breast cancers diagnosed at B.P. Koirala memorial cancer hospital. The results highlight the importance to enhance our understanding of male breast cancer assessment and awareness to implement for effective prevention policies and the well-being of patients. Further consistent reports indicate the rise in incidence of male breast cancer in Nepal.

**keywords:** male breast cancer Nepal; breast cancer prevention; breast cancer awareness

## Introduction

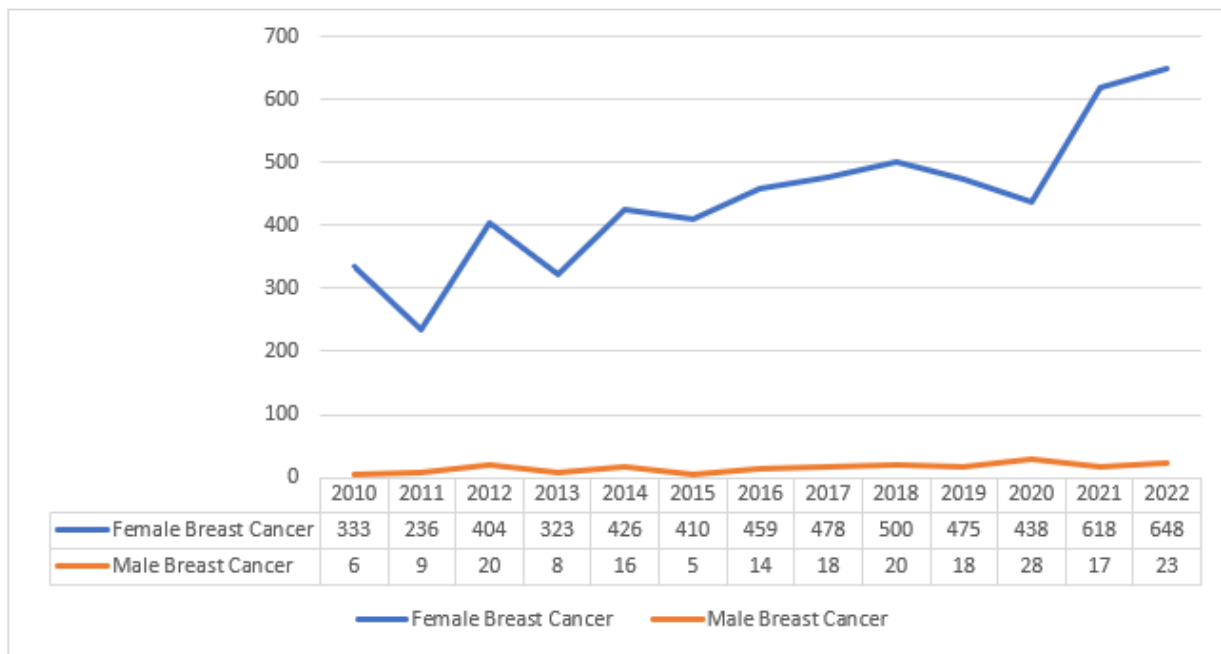
Cancer is one of the leading causes of death globally, but its burden is not uniform. In 2020, breast cancer surpassed lung cancer as the most commonly diagnosed cancer globally<sup>1</sup>. The incidence of breast cancer is rising on a global scale. The burden of cancer has increased over time in both developed and developing countries due to various factors which include aging and increasing population that is accelerating socio economic development and changes in the prevalence of associated risk factor<sup>[2]</sup>.

Male breast cancer is rare, representing approximately 1% of cancers that occur in men and approximately 1% of all breast cancer worldwide. Less than 0.2% of cancer-related deaths in men can be attributed to male breast

cancer<sup>3</sup>. According to surveillance epidemiology and end results program (SEER) data from 2015 the incidence of invasive breast cancer in men is 1.1: 100,000 men whereas it is 126.5: 100,000 in women<sup>3</sup>.

## Patient and method:

Incidence of male breast cancer in Nepal's tertiary cancer center over 12 years (2010 to 2022), historical patient records was evaluated and analysis was done through annual reports and departmental records which includes male breast cancer that was diagnosed yearly in comparison to female breast cancer.

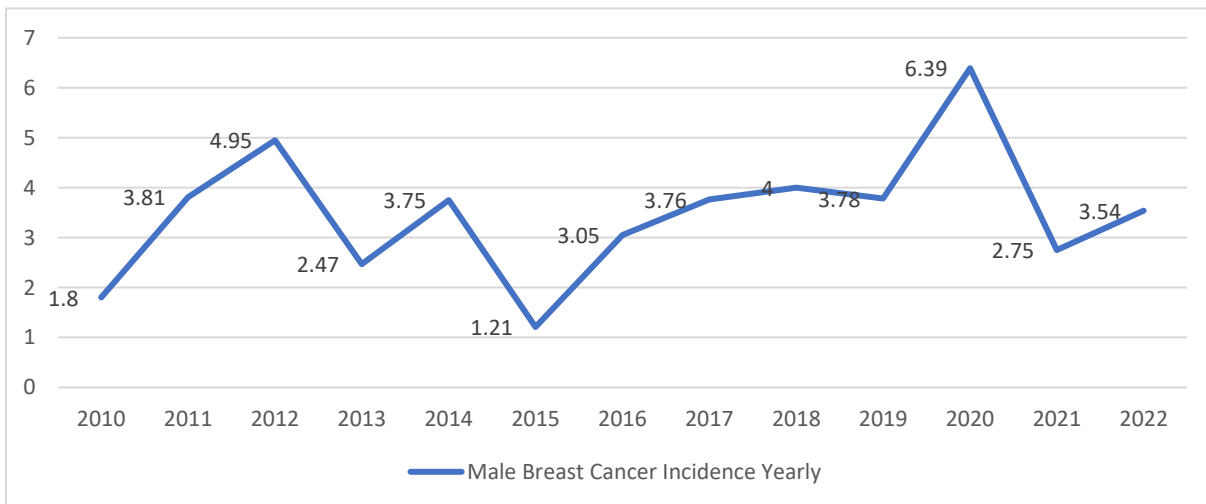


**Results:**

Total No of Male Breast Cancer Patients = 179

Total No of Female Breast Cancer Patients = 5100

Male to Female ratio of Breast Cancer Patients = 1: 28.5



**Table 2:** The average incidence of Male breast cancer observed from 2010 to 2022 at BPKMCH is 3.5 %.

**Conclusion:**

Our observation study was at tertiary cancer hospital concludes increasing incidence of male breast cancer and accounts for around 3.5% of all breast cancers diagnosed at B.P. Koirala Memorial Cancer Hospital. Study clearly demonstrated a rise in male breast cancer incidence in Nepal over the last 12 years. This study indicates significant increase in male breast cancer, to diagnose patient in early stages, adequate measures are need along with awareness program about male breast cancer in general population. Further studies are required gaining a deeper understanding of the risk factors associated with male breast cancer in order to implement enhanced prevention policies for the well-being of patients.

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DOI: [10.31579/2768-2757/106](https://doi.org/10.31579/2768-2757/106)

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