

BSc (Hons) Health and Social Care

Module: Introduction to Independent Research Skills (BMHP5019)

Assessment title: Assessment 1 - Research Proposal

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Research Proposal

Topic: Male Breast cancer.

1) Review question: How effective are current treatment approaches for male breast cancer in the UK, and what are the associated survival outcomes?

2) Objectives:

- To define the main concepts of male breast cancer.
- Identify key terms, definitions, and clinical characteristics of male breast cancer.
- Understanding its epidemiology, risk factors, and unique features compared to female breast cancer.
- Review national and international guidelines for diagnosis, treatment, and follow up of male breast cancer.
- To conduct a scoping review of academic literature on male breast cancer
- To provide recommendations for future research or practice in health and social care regarding male breast cancer.

3) Rationale:

Male Breast cancer is a rare condition, accounting for approximately 1% of all breast cancer cases worldwide. In the UK, around 390 men are diagnosed with breast cancer each year compared to approximately 56,400 women, highlighting the significant difference in prevalence between males and females (Cancer Research UK). While male and female breast cancer share some similarities, there are main differences in clinical presentation and risk factors. The most common type of breast cancer in both men and women is invasive breast cancer no special type (NST). Men can also develop rarer types of breast cancer, including ductal carcinoma in situ (DCIS), invasive lobular cancer, and Paget's disease of the breast.

Risk factors for male Breast cancer include age, exposure to radiation, family history or inherited breast cancer genes, and hormonal imbalances such as elevated estrogen levels. As well as rare genetics conditions like klinefelter's syndrome, are also associated with increased risk. Despite its rarity, male breast cancer remains an important health issue

because men are often diagnosed at a later stage compared to women, which may result in poorer outcomes and lower survival rates.

4) *Methods:*

This research will use a scoping review methodology to examine existing academic literature on male Breast cancer. A scoping review is appropriate because it allows for a comprehensive overview of the evidence and identification of key themes related to treatment approaches and survival outcomes.

Relevant peer reviewed studies will be identified using database such as Cancer research, Macmillan cancer support, Against breast, NHS websites, and peer reviewed articles from journals such as the British journal of cancer (BJC). Additional information was gathered from other reputable UK sources as needed.

5) *Ethical considerations:*

As this study uses secondary data from previously published research, no human participants will be directly involved. Ethical risks are minimal, but all sources will be properly cited using the Harvard referencing style to ensure academic integrity. Care will also be taken to accurately report findings and avoid misinterpretation of existing research.

References

Breast Cancer UK (2025) can men get breast cancer? available at:
<https://www.breastcanceruk.org.uk/about-breast-cancer/male-breast-cancer/> (Accessed:7 March 2026).

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<https://www.againstbreastcancer.org.uk/about-us/about-breast-cancer/male-breast-cancer>
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Cancer Research uk (2023)Breast cancer in men. Available at:
<https://www.cancerresearchuk.org/about-cancer/breast-cancer/types/male-breast-cancer>
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Macmillan Cancer Support (n.d) Breast cancer in men. Available at:
<https://www.macmillan.org.uk/cancer-information-and-support/breast-cancer/breast-cancer-in-men> (Accessed: 7 March 2026).

NHS (n.d) Men and healthy breasts. Available at:
<https://nthprd.wpengine.com/services/breast-screening-services/men-and-healthy-breasts/> (
Accessed: 7 March 2026).

BJC (2022) Risk of developing a second primary cancer in male breast cancer survivors: a systematic review and meta analysis. Available at: <https://www.nature.com/articles/s41416-022-01940-1> (Accessed: 7 March 2026).