KNOW THE FACTS
LEARN THE RISKS
TAKE ACTION
Know the Facts

1 in 8 WOMEN will be diagnosed with BREAST CANCER in her lifetime

1 in 72 WOMEN will be diagnosed with OVARIAN CANCER in her lifetime

1 in 1,000 MEN will be diagnosed with BREAST CANCER in his lifetime

1 in 40 ASHKENAZI JEWS CARRIES A BRCA GENE MUTATION AS COMPARED TO 1 IN 400 IN THE GENERAL POPULATION

MEN & WOMEN can both be carriers of BRCA gene mutations, with each having a 50% chance of passing it on to the next generation, and are at increased risk for breast, male breast, melanoma, ovarian, pancreatic and prostate cancers.

ONLY 10-20% OF BREAST AND OVARIAN CANCER IS HEREDITARY

MULTI-GENE PANEL TESTING CAN IDENTIFY MUTATIONS IN BRCA1 OR BRCA2 AND OTHER GENES (E.G., ATM, CHEK2, OR PALB2) OR LYNCH SYNDROME, ANY OF WHICH MAY PREDISPOSE YOU TO A VARIETY OF CANCERS INCLUDING BREAST, COLON, MALE BREAST, MELANOMA, OVARIAN, PANCREATIC, PROSTATE, AND UTERINE.

SEPHARDI JEWS may also be genetically predisposed to hereditary breast and ovarian cancer.

Take Action

**HEALTHY LIVING**
Try to eat healthy, move more, and reduce stress to lower your risk.

**SPREAD THE WORD**
Share this life-saving information with others.

**FAMILY HISTORY**
Know your maternal and paternal family history. Call Sharsheret's genetic counselor with questions.

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Ask Questions
(of your Primary Care Physician or Gynecologist)

**RISK FACTORS**
I have a history of cancer in my family. What does that mean for me?

What are my risk factors for breast cancer or ovarian cancer and what lifestyle changes could I make to reduce these risks?

Are there any indicators in my own health history that suggest I am at a higher risk?

Is my heritage a risk factor for breast cancer or ovarian cancer?

**GENETICS**
A family member on my father's side had breast cancer. How might this affect me?

Am I a candidate for genetic testing?

Should I test for cancer-related genetic mutations if I have no family history?

If I am found to carry a genetic mutation, what are my options?

Where should I get genetic testing done?

How do I find out if my insurance will cover it?

**SCREENING & EARLY DETECTION**
At what age and how often should I have mammograms/3D mammograms? Do I need ultrasounds or MRIs?

How do I perform self-breast exams correctly and how often?

How do I find out if I have dense breasts and how might this impact my screening plan?

Please note: There is no reliable screening or early detection test for ovarian cancer. (CA-125 blood tests and transvaginal or pelvic ultrasounds may be used to diagnose ovarian cancer.)
BREAST CANCER
SIGNS & SYMPTOMS

- Breast Pain
- Nipple Pain
- Nipple Turning Inward
- Redness
- Skin Irritation
- Nipple Discharge
- Dimpling
- Underarm Lump
- Swelling/Lump

OVARIAN CANCER
SIGNS & SYMPTOMS

- Bloating
- Pelvic/Abdominal Pain
- Back Pain
- Fatigue
- Urinate Urgently or Often
- Heartburn
- Constipation or Menstrual Changes
- Feeling Full
- Pain During Sex

Sharsheret improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support, and saves lives through educational outreach.

Have questions? Contact Sharsheret’s genetic counselor or social workers.

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