

KNOW

THE FACTS

LEARN

THE RISKS

TAKE

ACTION



SHARSHERET

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.

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

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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