Ask Questions
(of your Primary Care Physician or Urologist)

RISK FACTORS
Female family members on my father’s side have had breast and ovarian cancer. How might this affect me?

What are my risk factors for prostate, breast, pancreatic, and melanoma cancers 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 higher risk?

Is my heritage a risk factor for cancer?

GENETICS
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 should I begin and how often should I be screened for cancer?

Are there self-exams I can do at home?

What are the signs & symptoms I should be aware of?

Are there any preventative measures I can take to decrease my risk of cancer?

PLEASE CONSULT YOUR HEALTH CARE PROVIDER IF YOU HAVE ANY CONCERNS ABOUT POSSIBLE SIGNS AND SYMPTOMS.

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The Jewish Breast and Ovarian Cancer Community.

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

Sharsheret.org/men
866.474.2774
info@sharsheret.org
MALE BREAST CANCER
- Lump/swelling (often painless)
- Skin dimpling
- Nipple turning inward
- Redness or scaling
- Nipple discharge

Know the Facts

1 in 8 MEN will be diagnosed with PROSTATE CANCER

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

FREQUENT URINATION

PROSTATE CANCER
- Blood in the urine
- New onset of erectile dysfunction
- Discomfort or pain when sitting

MALE BREAST CANCER
- Lump/swelling (often painless)
- Skin dimpling
- Redness or scaling
- Nipple discharge

Take Action

PROSTATE CANCER
- Rectal exam and a PSA blood test
- Endoscopic ultrasound and/or MRI recommended

Breast Cancer
- Physician and self-breast exam

Melanoma Cancer
- Skin exam by a dermatologist

Screening plans are gene mutation and age specific. Consult your health care provider about your screening plan.