

# 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](http://Sharsheret.org/men)

866.474.2774

[info@sharsheret.org](mailto:info@sharsheret.org)

**ALL MEN,**

**KNOW**

**THE FACTS**

**LEARN**

**THE SIGNS**

**TAKE**

**ACTION**



**SHARSHERET®**

## Know the Facts

**1 in 8 MEN**  
will be  
diagnosed with  
**PROSTATE**  
**CANCER**



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

Average lifetime  
risk of pancreatic  
cancer is about **1 in 64**

Lifetime risk for melanoma  
varies with skin color; those  
with fair skin have the  
highest risk.



**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, and are at increased risk for  
breast, male breast, melanoma, ovarian,  
pancreatic and prostate cancers.



Know your maternal and paternal family  
history; each parent has a **50%** chance of  
passing a mutation on to the next  
generation.

Multi-gene panel testing can  
identify mutations in other  
genes that increases risk for  
cancer such as

**ATM**  
**PALB2**

**CHEK2**  
Lynch  
Syndrome

## Learn the Signs

### PROSTATE CANCER



Frequent urination  
especially at night;  
Blood in the urine



Weak or  
interrupted  
urine flow



New onset  
of erectile  
dysfunction



Discomfort  
or pain when  
sitting



### MALE BREAST CANCER

- Lump/swelling (often painless)
- Skin dimpling
- Nipple turning inward
- Redness or scaling
- Nipple discharge

## Take Action

### GET SCREENED REGULARLY!

High risk screenings can include



**Prostate Cancer**  
Rectal exam and a  
PSA blood test



**Pancreatic Cancer**  
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.