

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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BARAN ENDOWMENT FUND OF THE JEWISH COMMUNITY
FOUNDATION OF LOS ANGELES

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

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

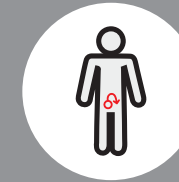
PROSTATE CANCER



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.