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.

SUPPORTED BY A GENEROUS GRANT FROM:
MAX & ANNA BARAN, BEN & SARAH BARAN AND MILTON 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
Know the Facts

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

**PROSTATE CANCER**
- Frequent urination especially at night
- Blood in the urine
- New onset of erectile dysfunction
- Weak or interrupted urine flow
- Discomfort or pain when sitting

Learn the Signs

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Take Action

**GET SCREENED REGULARLY!**

**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

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

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

**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.

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