

# TAKE ACTION



GET SCREENED REGULARLY!  
HIGH RISK SCREENINGS CAN INCLUDE:



## PROSTATE CANCER

Rectal exam and a PSA blood test



## PANCREATIC CANCER

May consider endoscopic ultrasound or MRI, especially with family history



## MALE BREAST CANCER

Physician exam and/or mammogram



## MELANOMA

Skin exam by a dermatologist



## COLON CANCER

Colonoscopy

**Screening plans consider gene mutations and age. Consult your health care provider to personalize screening plans.**



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# MEN'S HEREDITARY CANCER AND YOUR GENETIC LEGACY

SCAN HERE  
TO LEARN MORE



# KNOW THE FACTS

## ABOUT HEREDITARY CANCER



**1 IN 8**

**MEN** in the general population will be diagnosed with **PROSTATE CANCER**

**1 IN 64**


**MEN** in the general population will be diagnosed with **PANCREATIC CANCER**

a **BRCA** mutation increases the risk for prostate, pancreatic, melanoma and male breast cancer.



**1 IN 40**  
**ASHKENAZI JEWS**

carries a BRCA gene mutation.



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

**ATM** | **CHEK2**  
**PALB2** | **Lynch Syndrome**



**MALES** and females can both carry

BRCA gene mutations, which raise cancer risk.

A carrier parent has a **50% CHANCE** of passing that mutation on to the next generation.

# 3 EASY STEPS

## TO REDUCE CANCER RISK

**1**

### ASSESS YOUR CANCER RISK AND CONSIDER GENETIC TESTING IF YOU HAVE:

- A personal cancer diagnosis
- A family history of cancer
- Ashkenazi (Eastern European Jewish) ancestry

**2**

### INCORPORATE THESE RISK-REDUCING BEHAVIORS:

- Commit to health screenings
- Exercise regularly
- Practice a healthy diet
- Limit alcohol
- Use sunscreen
- Don't smoke or vape

**3**

### TAKE ACTION TODAY:

- Learn your family's cancer history on both sides
- Share results with your family
- Meet with your doctor
- Schedule a free, confidential conversation with Sharsheret's genetic counselor who can connect you with local resources as needed at [genetics@sharsheret.org](mailto:genetics@sharsheret.org)

SHARSHERET'S RESOURCES ARE ACCESSIBLE TO THOSE AT INCREASED HEREDITARY RISK, AS WELL AS THOSE WHO HAVE BEEN DIAGNOSED. SHARSHERET IS A JEWISH NON-PROFIT ORGANIZATION THAT PROVIDES SUPPORT REGARDLESS OF BACKGROUND, RACE, GENDER, SEXUAL ORIENTATION, AGE OR RELIGION.

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