

KNOW

THE FACTS

LEARN

THE RISKS

TAKE

ACTION



SHARSHERET



KNOW THE FACTS

1 IN 8 AVERAGE LIFETIME RISK OF BREAST CANCER
For people assigned female at birth

1 IN 40 ASHKENAZI JEWS CARRIES A BRCA GENE MUTATION AS COMPARED TO 1 IN 400 IN THE GENERAL POPULATION
Regardless of sex assigned at birth

1 IN 72 AVERAGE LIFETIME RISK OF OVARIAN CANCER
For people with ovaries

10-20%
OF BREAST AND OVARIAN
CANCER IS HEREDITARY

BRCA MUTATION CARRIERS
are at increased risk for
**BREAST, MELANOMA,
OVARIAN, PANCREATIC,
AND PROSTATE CANCERS**

**COMMON HEREDITARY CANCERS ALSO INCLUDE:
COLON, ENDOMETRIAL, STOMACH AND UTERINE**

CARRIERS OF BRCA GENE MUTATIONS,
REGARDLESS OF SEX ASSIGNED
AT BIRTH, HAVE A **50% CHANCE** OF
PASSING THAT MUTATION ON TO THE
NEXT GENERATION

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

**ATM | CHEK2
PALB2 | Lynch Syndrome**

**SEPHARDI
JEWS** MAY ALSO BE GENETICALLY PREDISPOSED TO
HEREDITARY BREAST AND OVARIAN CANCER

KNOW YOUR BODY

GET SCREENED REGULARLY!
HIGH-RISK SCREENINGS CAN INCLUDE:

CANCER | SIGNS AND SYMPTOMS | SCREENING

BREAST CANCER

- Swelling or lump*
- Underarm lump*
- Nipple turning inward
- Redness
- Skin irritation
- Nipple discharge
- Dimpling
- Breast pain
- Nipple pain

*PLEASE NOTE: A palpable (usually painless) lump in the breast or armpit is by far the most common symptom presentation for breast cancer.

Routine mammograms and physician exam. Breast MRI and ultrasound may be considered for high-risk or dense breast patients assigned female at birth. People assigned male at birth who are high risk may consider physician exam and/or mammogram. People assigned male at birth and taking feminizing hormone therapy may consider a routine screening mammogram.

OVARIAN CANCER

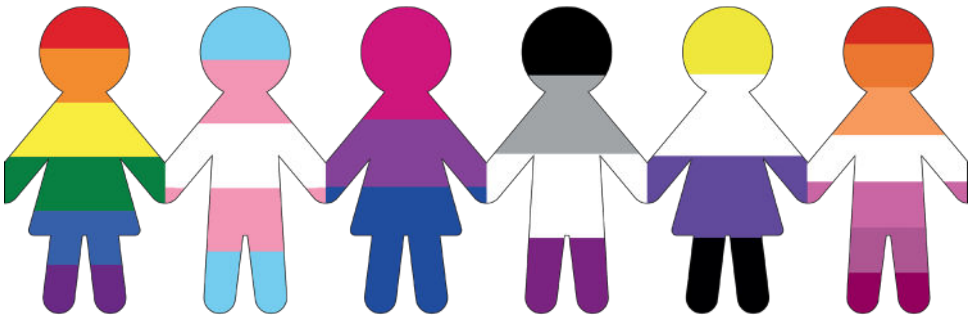
- Bloating
- Pelvic or abdominal pain
- Back pain
- Fatigue
- Urinate urgently or often
- Heartburn
- Constipation or menstrual changes
- Feeling full
- Pain during sex

There is no reliable screening for ovarian cancer. High-risk people with ovaries and fallopian tubes may consider pelvic ultrasound and routine CA-125 blood test.

PROSTATE CANCER

- Frequent urination
- Blood in the urine
- Weak or interrupted urine flow
- New onset erectile dysfunction
- Discomfort or pain when sitting

Rectal exam and a PSA blood test



Screening plans consider gene mutations, age, and family history.
Consult a trusted health care provider to personalize screening plans.

TAKE ACTION

TO REDUCE CANCER RISK



Check the parts you have. Know your body and be aware when something doesn't feel right.



Commit to health screenings.



If possible, learn your family's cancer history on both sides.



Consider genetic testing if you have one of these things:

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



If you are receiving gender affirming care, learn how your screening plan can be impacted by hormone therapy or gender-affirming surgery.



Schedule a free, confidential conversation with Sharsheret's genetic counselor who can connect you to local resources as needed at genetics@sharsheret.org.

Sharsheret's resources are accessible to those at increased hereditary risk, as well as those who are facing cancer. Sharsheret is a Jewish non-profit organization that provides support regardless of background, race, gender, sexual orientation, age or religion.

Information provided by Sharsheret is not a substitute for medical advice or treatment and should not be used to diagnose or treat a health problem. Always seek the advice of your physician or qualified health provider.

MADE POSSIBLE WITH SUPPORT FROM:

BASSER
CENTER
FOR BRCA

 Penn Medicine

 Cedars
Sinai

 Genentech
A Member of the Roche Group

 SHARSHERET

sharsheret.org | 866.474.2774

