

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

ALL MEN,

KNOW

THE FACTS

LEARN

THE SIGNS

TAKE

ACTION



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.