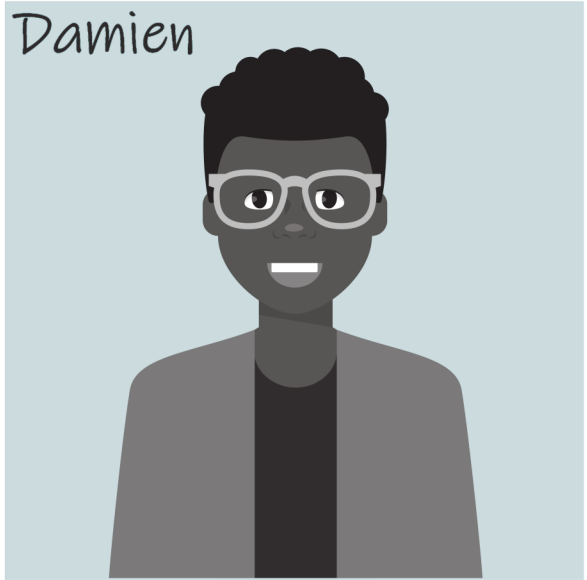


Men's Stories About Hereditary Cancer

Timothy



Damien



Frank



How *BRCA* gene
mutations
affect men

We dedicate this work to Dr. Emily A. Rauscher.
Emily was our friend and colleague who inspired this work.

Timothy's Story:
Learning About
Your Hereditary
Cancer Risks



Need to mention
my mom's breast
cancer

The Office of Dr. Alan Wright
General Practitioner

Name: _____
DOB: _____
Marital status: _____
Date of last physical exam: _____

Please circle and give relationship for any relative who has or had:

FAMILY MEDICAL HISTORY

Asthma _____
Breast cancer mother, grandmother, aunt, cousin
Other cancer _____
Diabetes _____
Hay fever _____
Migraine _____
Stroke _____

DOCTOR



Hi, I'm Dr. Wright,
I see that several
family members
have had cancer.

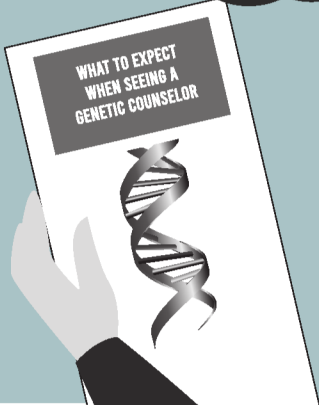
Yeah, a few months
ago my mom found a lump.
Since others in my family
also had cancer, she had
genetic testing and they
found a *BRCA2*
mutation.

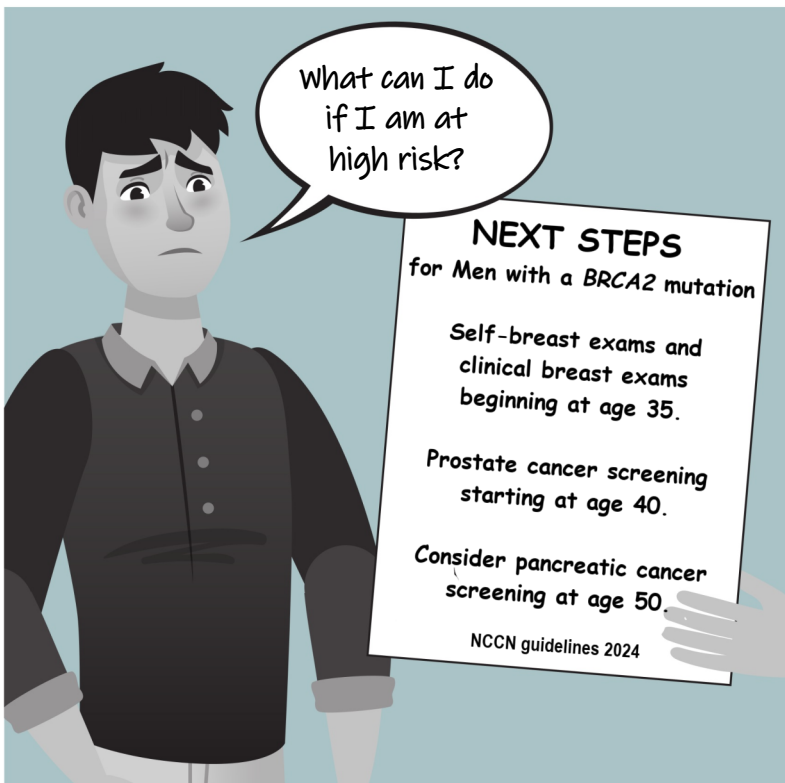
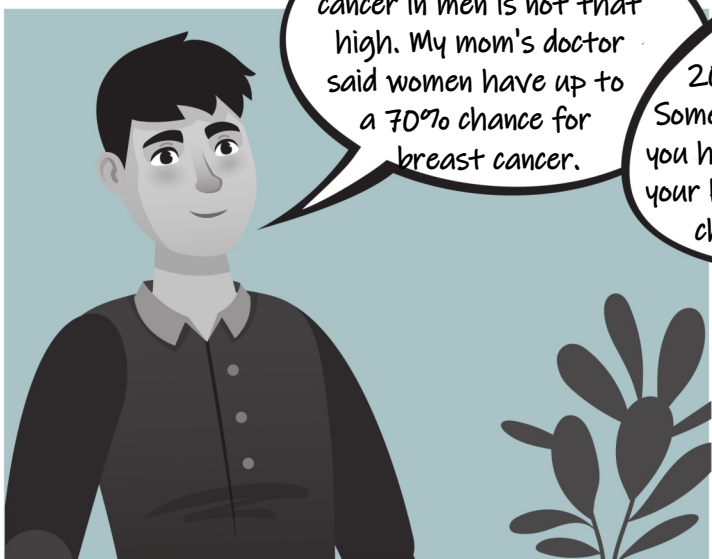
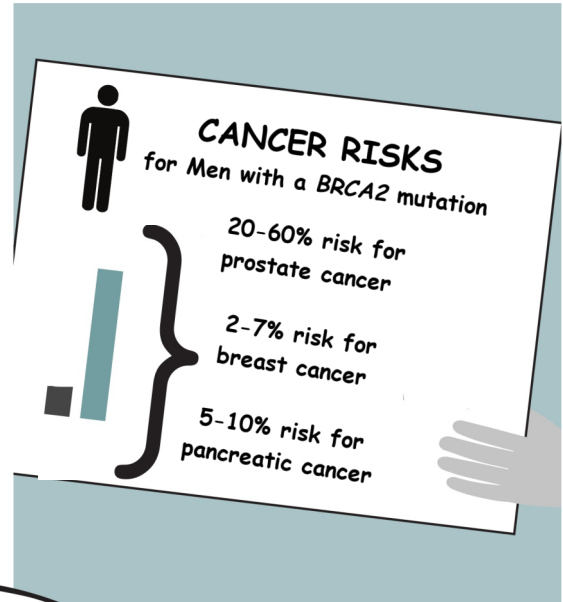


I'm sorry to hear that.
Given your mom's *BRCA2* mutation,
if you test positive then your children
would be at risk. What do you think
about seeing a genetic counselor
to talk about testing?



I need to do
this for my
kids





Steps You Can Take to Learn Your Cancer Risks

Speak to a doctor or a genetic counselor

- You can find a genetic counselor or cancer genetics clinic:
 - <https://findageneticcounselor.nsgc.org>
 - [Clinics.acmg.net](https://www.clinics.acmg.net)
- Genetic counselors can answer your questions, gather your personal and family history of cancer, talk about your risks, help you decide about testing, and help you understand your results.

Learn about insurance coverage for genetic testing

- Options for covering the cost of genetic testing include:
 - Labs can bill your health insurance
 - You can pay about \$250 without billing your insurance
 - Labs may offer free or reduced-cost testing
- When there is a gene mutation in the family most testing costs are usually covered by insurance.

Learn About Cancer Risks for Men

Prostate

Male Breast

Pancreatic



Steps You Can Take to Manage Your Risks

Learn about cancer screenings that help find cancer early

- Your doctor can screen for prostate cancer with a physical exam and a blood test (i.e., PSA screening).
- For a clinical breast exam or self-breast exam the doctor or the patient will feel the breasts and check for lumps.
- Pancreatic cancer can be found early by taking pictures of the pancreas (without using any radiation or X-rays).

Stay up to date on risk management guidelines

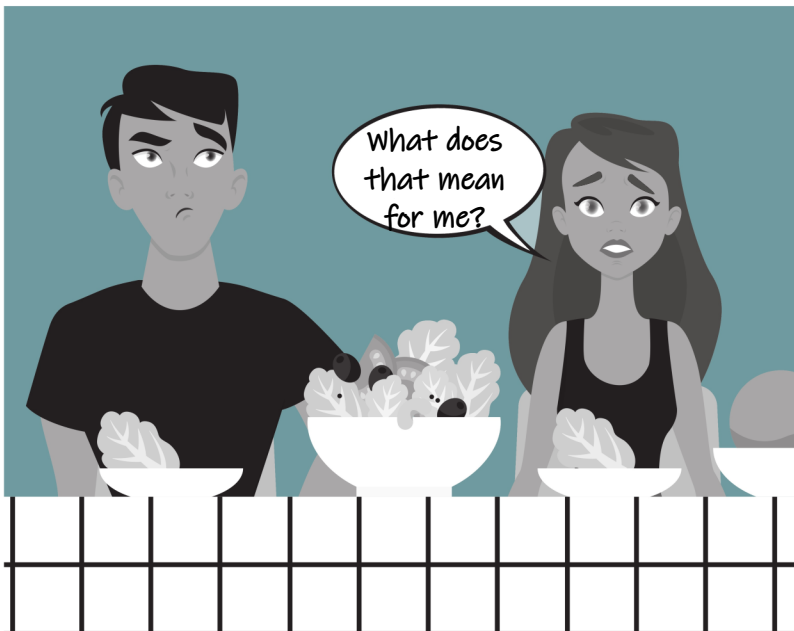
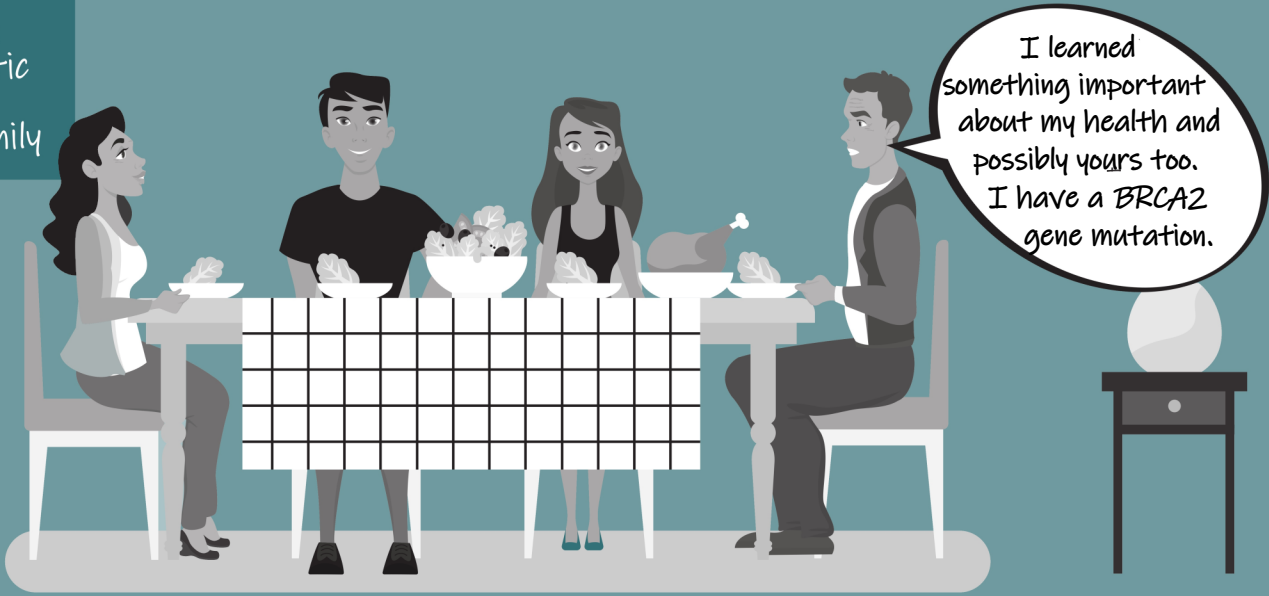
- Medical management guidelines may change as we learn more.
- FORCE has medical management information organized by gene: <https://www.facingourrisk.org/info/hereditary-cancer-and-genetic-testing/hereditary-cancer-genes-and-risk/genes-by-name>
- Get the latest NCCN medical management guidelines:
 - Go to <https://www.nccn.org/> to create a free username and password
 - Login and select the "Guidelines" tab in the top menu.
 - Click "Detection, Prevention, and Risk Reduction" (see screenshot below).

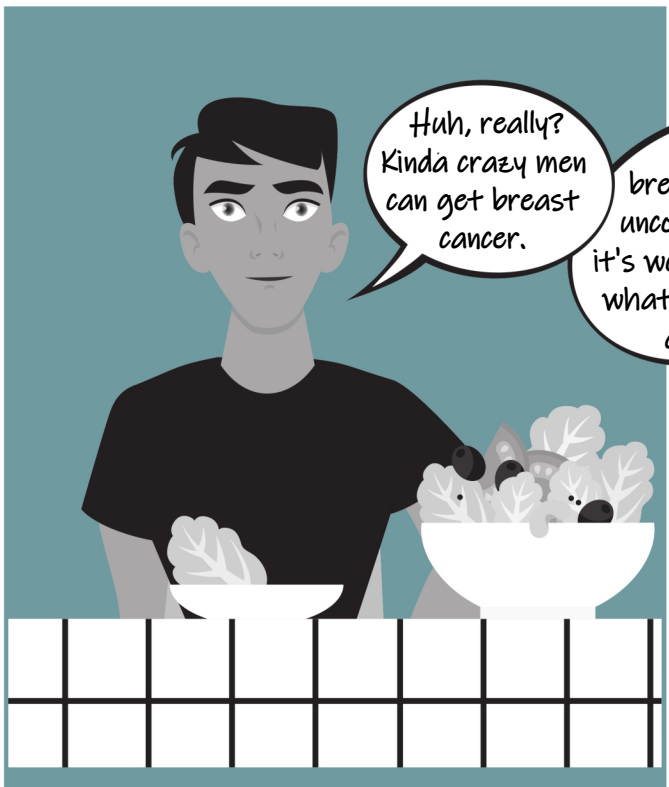
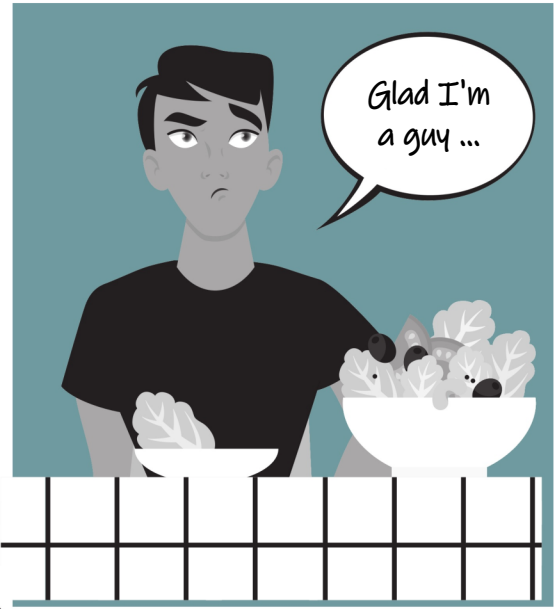
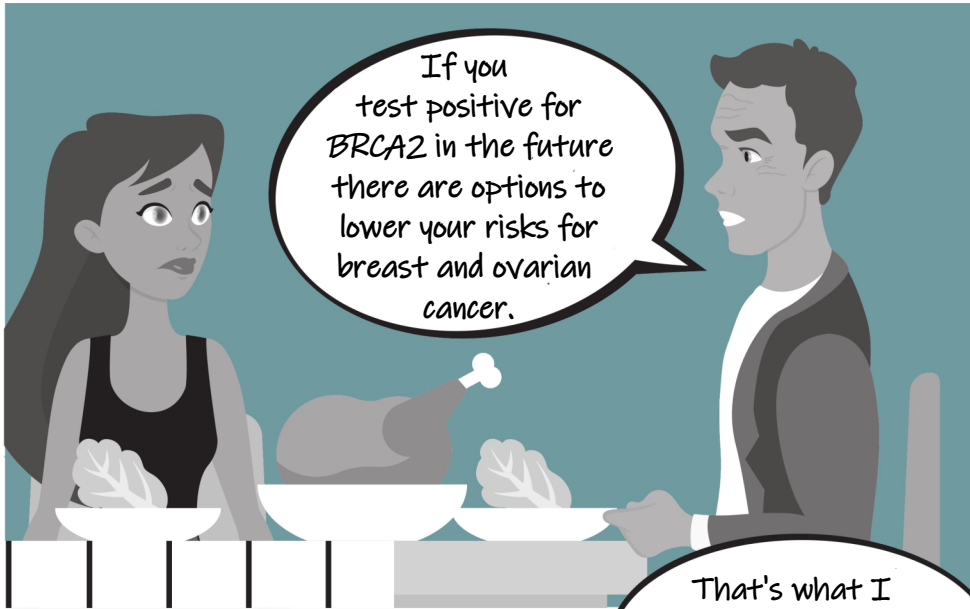
The screenshot shows the NCCN Guidelines website interface. At the top, there is a navigation bar with the NCCN logo, the text 'National Comprehensive Cancer Network', and links for 'About', 'Donate', 'News', 'Store', a search box, and a 'Login' dropdown. Below this is a secondary navigation bar with categories: 'Guidelines', 'Compendia & Templates', 'Education & Research', 'Patient Resources', 'Business & Policy', and 'Global'. A breadcrumb trail reads 'Home > Guidelines > Detection, Prevention, and Risk Reduction'. The main heading is 'NCCN Guidelines'. On the left, a sidebar lists various guideline categories, with 'Detection, Prevention, and Risk Reduction' selected. The main content area displays a list of guidelines under the heading 'Detection, Prevention, and Risk Reduction'. The first item is 'NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) are posted with the latest update date and version number.' Below this are several specific guideline entries, each with a title and version number. The entry 'Genetic/Familial High-Risk Assessment: Breast, Ovarian, and Pancreatic' with version '1.2025' is highlighted with a red rectangular box.

Make a plan

- There may be other risks to consider.
- Talk to your doctor or genetic counselor about what medical care may be best for you.

Frank's Story:
Sharing Genetic
Test Results
with Your Family



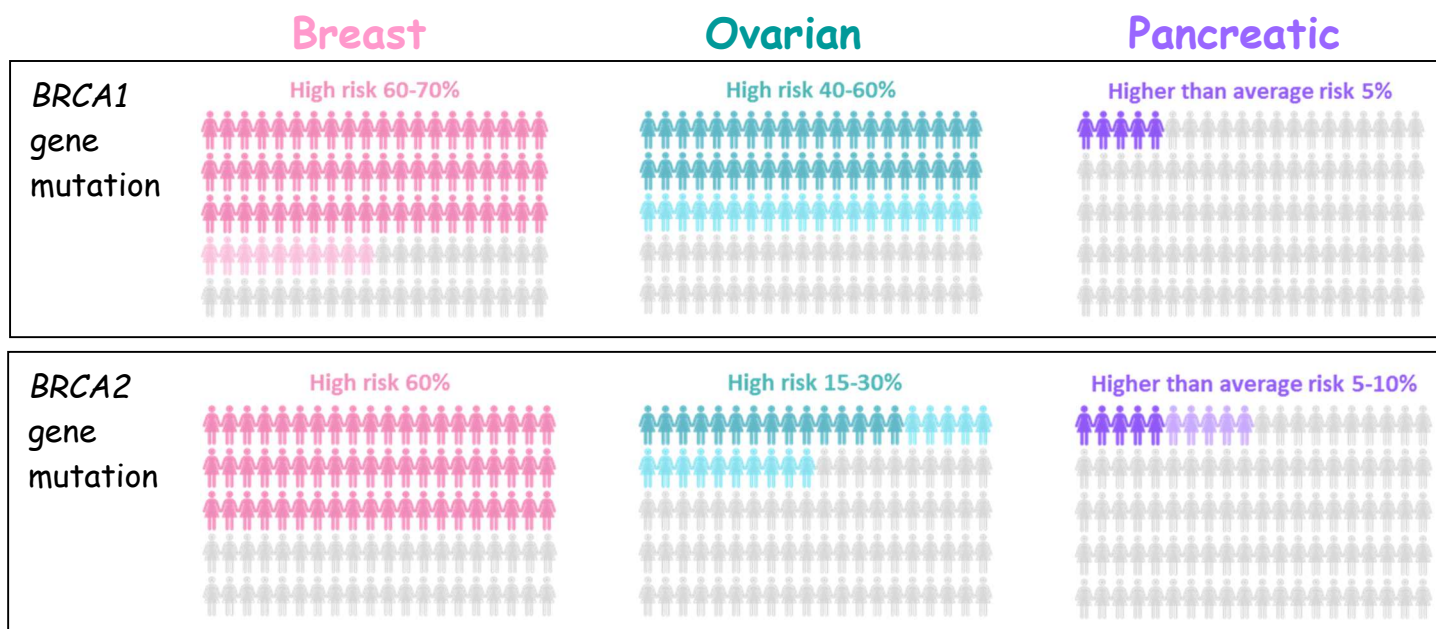


Steps You Can Take: After Testing

Share genetic information with family members

- Get ready for the conversation.
 - Collect your genetic test results.
 - List your family members.
 - Decide when and where to talk with them.
 - Practice what you will say.
- Consider how a family member might react.
 - Finding out about an inherited gene mutation in the family can result in different emotions.
 - Family members may react positively, negatively, or lack any interest.
 - Affirm their emotions & try not to take their reactions personally.
- Follow up with family members.
 - Family members may need time and space to process this information.
 - Give them time, but follow up with them to see if they have any questions or need help finding a healthcare provider who can help them.

Learn cancer risks & options for women with BRCA mutations



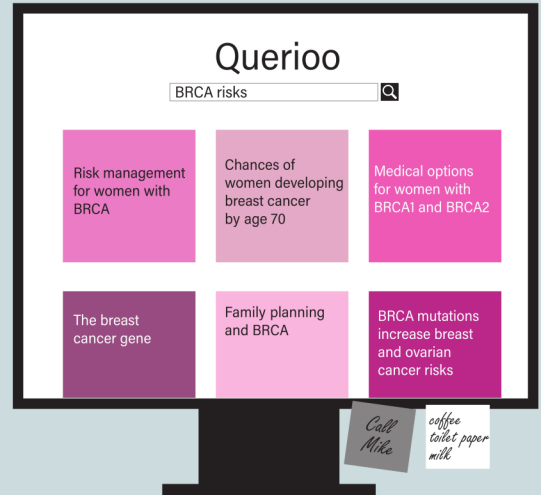
Ways for women to prevent cancer or find cancer early

- Some women choose to have their breasts removed, and other women choose to have breast MRIs and mammograms.
- Most have surgery to remove their ovaries after they are done having children.
- Pancreatic cancer can be found early by taking pictures of the pancreas (without using any X-rays or radiation).

Damien's Story:
Finding Support

Ok, let's see what we
can find... BRCA...
search

Well that's not
helpful. This stuff
is all for women.



BRCA Brotherhood
private group

Welcome! Our purpose is to allow men who have the BRCA gene mutation or who have a family member with the gene mutation to discuss the various issues, problems and concerns that we face.



I have a *BRCA1* mutation, but can't find much out there for men



That's cause there isn't much. There's our group - BRCA Brotherhood- and a few other groups like FORCE that have some info for men.



Doesn't seem that important for us men - but I want all the right info



Good to look into since medical guidelines change as they learn more.



Yea, I've done prostate cancer screening for a long time, but then they decided to also screen for pancreatic cancer. I've even had a mammogram to check for breast cancer.



Guess I should talk to my doctor about it - thanks

Call
Mike

coffee
toilet paper
milk

Other Steps You Can Take

Explore these non-profit organizations:

- **FORCE** - <https://www.facingourrisk.org>
Seeks to improve the lives of people affected by hereditary cancer through education, research, support, and public policy initiatives.
- **Imerman Angels** - <https://imermanangels.org>
Provides support to cancer patients, survivors, previvors, and caregivers through personalized, one-on-one support.
- **HIS Breast Cancer** - <https://www.hisbreastcancer.org>
Strives to raise awareness and early cancer detection for all men and to help those who are at high risk due to genetics and other risk factors gain access to regular cancer screenings.

Join a social support group:

- **FORCE's Men's Virtual Support Group** - <https://www.facingourrisk.org/support/calendar>
- **BRCA Brotherhood** - Private Facebook Group

Sign up for ICARE



- ICARE is a registry open to any adult interested in participating in research.
- Visit <https://redcap.link/ICAREconsent> or scan the QR code to enroll directly online - or contact the team at ICARE@vumc.org or (615) 875-2444.
- By participating in ICARE you can:
 - Be a part of new discoveries, get care updates personalized to you, and find out about studies you may be eligible for.
 - Receive educational newsletters about inherited cancer twice per year. <https://inheritedcancer.net/newsletters/>
 - Follow us on your favorite social media platform @inheritedcancer (Facebook, Twitter, Instagram, LinkedIn, or YouTube) to stay updated.

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