



**#movember**



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# Men's health is in crisis

Men are dying on average **5 years earlier** than women, and for largely preventable reasons.





# #mentalhealth

**75% of all suicides are by men**

And across the world, one man dies by  
suicide every minute of every day







# 10.8M men

are facing life with a prostate cancer diagnosis. Globally, testicular cancer is the most common cancer among young men.



# BRCA 1 + 2

Hereditary Cancer Risk(s)



## Male Breast Cancer

BRCA1/2 associated with significant increase of male breast cancer



## Prostate Cancer

BRCA1/2 associated with increase risk of prostate cancer



## Pancreatic Cancer

BRCA1/2 associated with increase risk of pancreatic cancer



# Who should get tested?

Men should consider being tested for BRCA mutations under the following conditions:

- If there's a history of prostate, breast, or ovarian cancer in the immediate family, particularly among younger members
- if other family members test positive for BRCA1 or BRCA2 mutations
- if they are of Ashkenazi Jewish descent since BRCA mutations occur frequently in this ethnic population





# BRCA1

As a carrier of the BRCA1 gene mutation with a family history of cancer and of Jewish descent, I have taken preventative steps to ward off breast and ovarian cancer(s), something my boys will have to consider as adults to guide their decision in whether they choose to get screened for the harmful BRCA gene mutation or not.