BRCA Research & Cure Alliance

BRCA GUIDELINES FOR MEN

This brochure is a companion piece to the peer-reviewed medical white paper, which was published on July 25, 2024, by JAMA Oncology titled:

BRCA1, BRCA2 and Associated Cancer Risks and Management for Males: A Review

To access the full article, visit the websites of JAMA Oncology or the BRCA Research & Cure Alliance.

www.curebrca.org

WHAT IS BRCA?

BRCA1 (BReast CAncer gene 1) and BRCA2 (BReast CAncer gene 2) are genes that are the code to make proteins that help repair damaged DNA.

Everyone has two copies of each of these genes —one copy inherited from each parent.

Men and women are equally likely to inherit BRCA genes from their parents and pass them on to their children.

Damaging variants in BRCA1 and BRCA2 increase the risk of several types of cancers including breast, ovarian, prostate, and pancreatic cancer.

Having a BRCA1/2 mutation does not always lead to cancer, but can give someone important information about cancer risk. This information can enable people and their doctors to be proactive for their health.

WHO SHOULD BE TESTED FOR BRCA?

✓ PERSONAL HISTORY OF CANCER:

- Gleason 8-10 (or, WHO Grade Group 4-5), involving lymph nodes, or that is metastatic (spread outside the prostate)
- pancreas cancer
- male breast cancer

✓ FAMILY HISTORY OF CANCER:

- family member with a BRCA1/2 mutation
- family history of any male breast cancer, pancreatic cancer, or metastatic prostate cancer
- close blood relatives with any of the following: breast cancer diagnosed at age younger than 50 years, a subtype of breast cancer called "triple negative", pancreatic cancer or ovarian cancer
- family history of pancreas cancer in a first degree relative
- family is of Ashkenazi Jewish ancestry
- Other cancers in the family may also be important and can guide testing for BRCA. Gather the best information you can and share it with your medical team.

HOW DO INDIVIDUALS GET TESTED FOR BRCA?

It is best to **get tested for BRCA through your doctor.**

You can also find a genetic counselor in your area, by visiting the National Society of Genetic Counselor's website. This directory offers access to over 3,300 genetic counselors (US and Canada). You have options for in-person or telehealth counseling: findageneticcounselor.org

Guidelines in this brochure were collected on July 22, 2024 from the following medical societies and panels. Please note guidelines change periodically.

American Gastroenterological Association (IAGA), American Society of Gastrointestinal Endoscopy (ASGE), American Urological Association (AUA), International Cancer of the Pancreas Screening Consortium (CAPS), European Society of Medical Oncology (ESMO), National Comprehensive Cancer Network (NCCN), Society of Urologic Oncology (SUO)

WHAT CAN MEN WITH BRCA DO TO BE PROACTIVE?

PROSTATE SREENING

- BRCA2 carriers should be screened with a PSA blood test, starting at age 40-45.

PANCREAS SCREENING

- Eligible carriers of BRCA1/2 should consider screening starting at age 50, or 10 years before the earliest known pancreas cancer in the family.
- A contrast-enhanced abdominal MRI and/or endoscopic ultrasound as screening modalities are recommended.

MALE BREAST CANCER

- It is recommended that male carriers of BRCA2 start screening at age 50, or 10 years before the earliest known breast cancer in the family.
- Annual mammograms are recommended.
- Learn about male breast cancer symptoms and signs, be aware of and monitor breast tissue for changes, and report any changes or abnormalities to a doctor.

Additional screenings may be advised based on a person's family history of cancer.

WHAT ACTIONS CAN MEN WITH BRCA TAKE TO PROTECT THEIR HEALTH?

- **Consult with your doctor or a genetic counselor** who can help assess your individual risk and recommend next steps.
- **Share information** with family members (your children, siblings, and parents) about your BRCA genetic mutation so they can get tested for BRCA and make informed decisions about cancer screening and prevention. It is typically advised to wait until children are 18y or older to get genetic testing so they can choose when and how they receive this information.
- Consider **tailored cancer screening**, typically starting at age 40y for males.
- Consider enrolling in a **clinical trial**. For example, there are clinical trials to help screen for, and find, cancer earlier. Other clinical trials are designed to test treatments for cancer that researchers hope may be even more effective than the current best treatments. Other clinical trials are just learning about patients' experiences and treatment outcomes. Ask your doctor if you are interested. You can also visit clinicaltrials.gov to see a list of open trials.

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