

Hereditary Prostate Cancer Fact Sheet

Facts:

- Many factors contribute to a man's risk for developing prostate cancer.
 - Genetics is one well established factor, and several genes appear to be involved.
 - Some other factors may include age, race, and environmental factors such as diet or lifestyle.
- Genetics plays an even greater role in the development of prostate cancer than it does in the development of either breast or colon cancer.

What type of family history do you have?

- Sporadic: 1 close relative (father, brother, or son) has prostate cancer
- Familial: 2 close relatives have had prostate cancer
- Hereditary: 3 or more close relatives have had prostate cancer

Approximately 1 out of every 10 men diagnosed with prostate cancer will have a family history of prostate cancer

Determining your chance of developing prostate cancer:

- The general population risk for developing clinically significant prostate cancer is 8% for Caucasian Americans.
- If a man has one close relative (father, brother, son) with prostate cancer, his risk is twice as high as the general population.
- If a man has 2 close relatives with prostate cancer, his risk is 5 times higher.
- If a man has 3 or more close relatives with prostate cancer, his risk is 11 times higher.

Some additional considerations include:

- African Americans have about double the risk of prostate cancer than do Caucasian Americans.
- Men who have relatives that were diagnosed before the age of 60 are at a higher risk to develop prostate cancer than men whose relatives were diagnosed at later ages.

What you can do:

- **Tell your relatives:** if you have been diagnosed with prostate cancer, talk about how you were diagnosed (clinical symptoms, PSA, etc.) and your age at diagnosis.
- **Tell your doctor:** if anyone in your family has been diagnosed with prostate cancer, tell your doctor. This includes how those people are related to you, the age they were diagnosed, how it was diagnosed, and whether anyone else in the family has prostate cancer.
 - This information may help your doctor determine your risk of developing prostate cancer.
 - You should talk to your doctor about beginning prostate cancer screening at an earlier age.
- **Participate in research:** there are many research opportunities looking at both environmental and genetic causes of prostate cancer as well as trials for new treatments.

If you have any questions regarding this fact sheet, please contact Aubrey Turner, a genetic counselor at Wake Forest University, by emailing aturner@wfu.edu or calling (336) 713-7549.



SCHOOL of MEDICINE
THE BOWMAN GRAY CAMPUS