

WHO KNEW?

One out of 40 Jewish people* carries a mutation in their BRCA genes that often leads to breast or ovarian cancer.

**vs. 1 in 500 of the general population*

With a BRCA mutation, your breast cancer risk jumps 10 times, from 7% to 72%; your ovarian cancer risk grows 18 times, from 2% to 36%.

This hereditary cancer risk can be passed down to children from either the mother *or* the father, to your daughters *and* sons.

Symptoms of Ovarian Cancer may include the sudden and prolonged onset of one or more:



You might also have gastrointestinal changes, bleeding, fatigue, back pain or weight changes.

We can't easily cure cancer, but we can help PREVENT ovarian cancer by increasing awareness among the Jewish community of our high risk of BRCA mutations.

**Don't Wait!
Speak Up!
Ask Your Doctor!**

RESOURCES

If you want to know more, COCA can help. Contact us or visit our website – it's full of helpful information.

303-506-7014
shalom@colo-ovariancancer.org
www.colo-ovariancancer.org

Or, contact your primary health care provider (your nurse or doctor) or a genetic counselor (CGC). Here are a few of the many who can help:

Dr. Don Aptekar

www.piwhdenver.com
303-399-3315

Drs. Behbakht, Spillman & Davidson

Monique.Spillman@ucdenver.edu
303-724-2066

Teresa Castellano, MS, CGC

teresa.castellano@memorialhealthsystem.com
719-365-9867 (Co Spgs/Denver)

Kate Crow & Elena Strait, MS, CGC

katecrow@centura.org
719-776-5279 (Co Spgs/Pueblo)

Mary Freivogel, MS, CGC

mary.freivogel@riaco.com
720.493.3226

Lisa Mullineaux, MS, CGC

lisamullineaux@centura.org
303-734-3969

Jewish Community Chaplain:

Rabbi Eliot Baskin, D. Min.

Jewish Family Service of Colorado
rabbi@jewishfamilyservice.org
720-248-4647

These national resources are helpful:

FORCE www.facingourrisk.org

SHARSHARET www.sharsheret.org

OCNA www.ovariancancer.org

MYRIAD GENETICS www.myriadtests.com

**CO colorado ovarian
Ca cancer alliance**
www.colo-ovariancancer.org

**CO colorado ovarian
Ca cancer alliance**

Did you know...

Jewish Women Have an Increased Risk for Breast and Ovarian Cancer

*You can find
out more, get
tested, and
save your life
and the lives
of your family*

Jews and Hereditary Breast and Ovarian Cancer

SHOULD I GET TESTED FOR BRCA?

YES, if you are Jewish AND have a family history of cancer, particularly breast and/or ovarian cancers, or if you have had cancer.

These cancers might indicate a BRCA mutation:

- Ovarian cancer
- Fallopian tube cancer
- Breast cancer (even in males!)
- Pancreatic cancer
- Peritoneal cancer
- Prostate cancer

(Colon, rectal or uterine cancer may indicate a different kind of hereditary cancer risk)

If you have risk factors for hereditary breast and ovarian cancer, you can protect yourself and your children by finding out if you carry a BRCA gene mutation.

Genetic testing is done with an easy blood draw or cheek swab. Most insurance companies cover the expense and there is financial aid for many. Anyone over 18 can be tested. The Myriad Genetics website has more details: www.Myriadtests.com

Most people work with a doctor or a genetic counselor who can help you decide if testing is right for you.



WHAT IF I HAVE A BRCA MUTATION?

If you test positive for a BRCA gene mutation, you can lower your cancer risk and detect cancer at an earlier, more treatable stage.

A doctor or genetic counselor can walk you through your results and your options, including:

- **Awareness and screening** such as frequent and younger mammograms, breast MRIs and special ultrasounds to check ovaries
- **Medicines** to reduce cancer risk, such as oral contraceptives and tamoxifen
- **Preventive surgery** to remove ovaries and fallopian tubes. Some women consider risk-reducing mastectomy.

It is your choice to have intensive screening or risk-reducing surgery, to take meds or even to do nothing. Make sure you see a knowledgeable provider to help you decide what is right for you and your children.

If you already have a cancer diagnosis, testing is still important – you can provide your family and the wider community with valuable information.

There is no screening test for ovarian cancer. Its symptoms are vague. Ovarian cancer is often not diagnosed until later stages, making it a very deadly cancer.

COCA, THE COLORADO OVARIAN CANCER ALLIANCE

Call us to talk. We've been through this, too. We'll help you find a genetic counselor or a health care provider, other BRCA-negative or BRCA-positive folks, or just answer your questions.

We educate the public and the medical community about the risk factors and symptoms of ovarian cancer, we promote early detection, we advocate for increased research funding and access to healthcare, and we support women and their care-givers who are battling against this cancer.

COCA's Jews/Ovarian cancer/BRCA or "JOB" Committee meets monthly. Contact COCA to get involved, educate others, save lives!



2465 Sheridan Blvd, Denver, CO 80218
800-428-0642 or 303-506-7014
email: shalom@colo-ovariancancer.org
www.colo-ovariancancer.org

If you are Jewish AND you or a relative has been diagnosed with breast or ovarian cancer, please get tested!