BRCA1 or BRCA2 – risk management (male)

Cancer/tumour risk management guidelines

The choice of risk management strategy should take into account current age, other health issues and age-related cancer risk.

The impact of lifestyle on cancer risk should be discussed e.g. exercise regularly, maintain a healthy weight, have a healthy diet, limit alcohol intake, do not smoke and avoid excessive sun exposure.

Cancer/tumour type	Recommendations	
Breast	**Surgical**	Not applicable
	Surveillance	Chest area awareness
	Risk-reducing medication	No evidence
Prostate	**Surveillance**	• Consider annual PSA +/- digital rectal exam (DRE) from age 40 years • If persistent elevation of PSA above normal refer to a urologist
Pancreatic	**Surveillance**	• Lack of evidence of benefit from screening. Should be undertaken only as part of a clinical trial^^ • Avoid smoking

^^ *Refer to Australian Pancreatic Cancer Genome Initiative for up-to-date screening trials.*

First approved: 1 July 2011
Last reviewed: 2 August 2021
Review due: 2 August 2023

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https://www.eviq.org.au/p/656
03 Aug 2023