

# BRCA1 or BRCA2 – risk management (male)

ID: 656 v.9 Under review

## 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	
<b>Breast</b>	<b>Surgical</b>	Not applicable
	<b>Surveillance</b>	Chest area awareness
	<b>Risk-reducing medication</b>	No evidence
<b>Prostate</b>	<b>Surveillance</b>	<ul style="list-style-type: none"> <li>Consider annual PSA +/- digital rectal exam (DRE) from age 40 years</li> <li>If persistent elevation of PSA above normal refer to a urologist</li> </ul>
<b>Pancreatic</b>	<b>Surveillance</b>	<ul style="list-style-type: none"> <li>Lack of evidence of benefit from screening. Should be undertaken only as part of a clinical trial<sup>^^</sup></li> <li>Avoid smoking</li> </ul>

<sup>^^</sup> Refer to [Australian Pancreatic Cancer Genome Initiative](#) for up-to-date screening trials.

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

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<https://www.eviq.org.au/pl/656>

03 Aug 2023