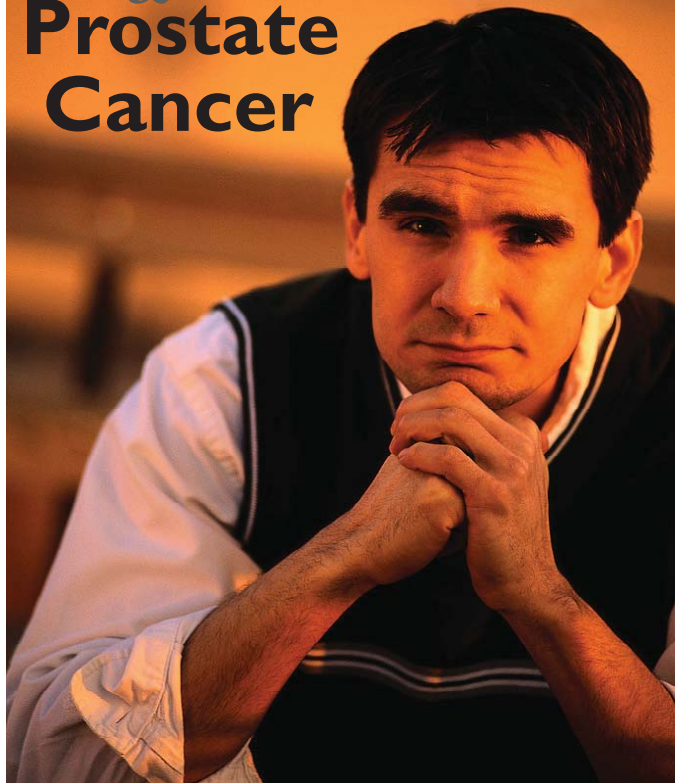


## Your Family History & Prostate Cancer



**P**rostate cancer is the most common cancer diagnosed in men in Oregon. One in six men gets prostate cancer.\* If you have a father, brother, or son with prostate cancer, your chance of developing prostate cancer is at least double that of someone with no family history.\*\*

The more people in your family who have had prostate cancer, the higher your chance of getting prostate cancer. Also if those family members got cancer at a young age that puts you at an even greater risk.

If you know of a family member who has had prostate cancer, then you may want to write down your family health history.

### *What is a Family Health History?*

**L**ike cancer, many health problems run in families. Families share their habits, environments, and lifestyles, as well as their genes.

A Family Health History is a record of you and your close family's health. By taking your family health history and sharing it with your doctor, you can learn what health problems you may be at higher risk for and how to prevent or reduce your chances of developing prostate cancer.

### *What can you do if you think you have a family history of prostate cancer?*

- » Use the Surgeon General's family history tools: My Family Health Portrait can be found at <http://www.hhs.gov/familyhistory/>
- » The next time you go to your doctor, take your family history with you and share it with your doctor.
- » Take action to reduce other things that put you at risk for getting prostate cancer.

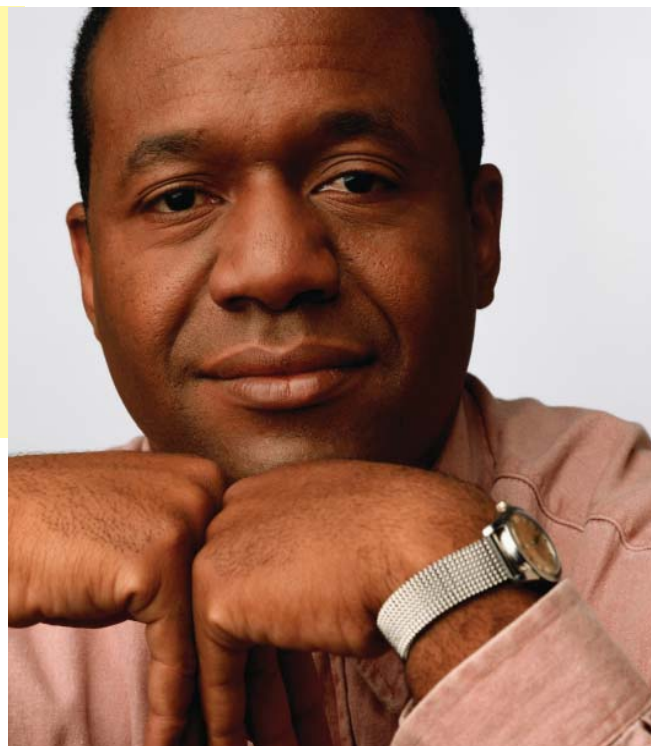


*Besides family history, here are some other things that may put you at risk for prostate cancer:*

- A diet high in fat
- Age
- Being African-American

*Things you can do to prevent prostate cancer:*

- Eat a balanced diet including fruits, vegetables, whole grains, low-fat or fat-free dairy products, and lean meats.
- Talk to your health care provider about your family history and screening.
  - If you have a father, brother, or son with prostate cancer, national guidelines recommend screening at age 40.\*\*\*
  - Your doctor can review your family health history and see what screening is right for you.



*Where can I learn more?*

**Oregon Genetics Program**  
[www.oregongenetics.org](http://www.oregongenetics.org)

**National Cancer Institute**  
[www.cancer.gov](http://www.cancer.gov)

**American Cancer Society**  
[www.cancer.org](http://www.cancer.org)

**US Surgeon General  
Family History Website**  
[www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory)

“This is not just knowledge for knowledge’s sake. Knowing your family health history can save your life, as well as the lives of those you love.” 2006 Acting Surgeon General Kenneth P. Moritsugu, M.D., M.P.H.

**Oregon  
Genetics  
Program**

[www.oregongenetics.org](http://www.oregongenetics.org)

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\* Oregon State Cancer Registry, Cancer in Oregon, 2003

\*\*National Cancer Institute, PDQ Prostate Cancer Genetics

\*\*\*National Comprehensive Cancer Network Prostate Cancer Early Detection Practice Guidelines

Adapted by the State of Oregon Genetics Program with permission from the Minnesota Department of Health Chronic Disease Genomics Project. last updated 09/21/2007