THE HISTORY OF JWNF

John W. Nick Foundation, Inc., was founded in 1995 by John Nick's daughter Nancy E. Nick. The Nick Foundation is the oldest Male Breast Cancer Foundation in the world.

John visited the doctor three times in eight years. Each time he was told his symptoms were nothing to worry about. Eight years later his symptoms were recognized and a mastectomy was performed.

Male Breast Cancer "Paget's Disease" was John's diagnosis. His treatment granted remission for only six months and then he lost his battle to breast cancer at the early age of 58. *"Without Awareness Hope is Lost!"*

John's mother Myrtle also had breast cancer.

BENEFIT OF GENETIC TESTING

The obvious benefit of genetic testing is a better understanding of your risk for a certain disease. Testing is not perfect, but it can help you make decisions about your health. A negative result on a genetic test in families at risk for a specific cancer may relieve uncertainty. In the same way a positive result can help you make important decisions about your future. A positive result may lead to finding disease earlier and preventing deaths. *(cancer.org)*

Brochure created by Brenda S. Ewers, Secretary/Treasurer, John W. Nick Foundation, Inc.

HEREDITY AND CANCER

Cancer is such a common disease that it is no surprise that many families have at least a few members who have had cancer. Sometimes, certain types of cancer seem to run in some families. This can be caused by a number of factors. It can be because family members have certain risk factors in common, such as smoking, which can cause many types of cancer. It can also be due in part to some other factors, like obesity, that tend to run in families and influence cancer risk.

But in some cases the cancer is caused by an abnormal gene that is being passed along from generation to generation. Although this is often referred to as *inherited* cancer, what is inherited is the abnormal gene that can lead to cancer, not the cancer itself. Only about 5% to 10% of all cancers are inherited – resulting directly from gene defects (called *mutations*) inherited from a parent. *(cancer.org)*

CANCER RISKS FOR YOUR FAMILY IF YOU HAVE THE BRCA GENE

All of your first-degree relatives (parents, siblings, and children) are at 50% chance to have the same gene mutation.

If your male relatives (father, brothers, and sons) carry the same mutation as you, they will have the same cancer risks as mentioned in this brochure.

If your female relatives (mother, sisters, daughters) carry the same mutation, these women will face up to an 87% lifetime risk of breast cancer and also up to a 44% lifetime risk of ovarian cancer.

Women with BRCA mutations are also at increased risk of both pancreatic cancer and melanoma above the general population risk.

GENETIC COUNSELING

If you believe you are at risk of carrying a BRCA mutation, you should discuss your concerns with a qualified healthcare professional. A discussion about your personal and family history of cancer will help determine if you should have a simple blood test to determine if you carry a genetic mutation. An experienced healthcare professional (genetic counselor, oncologist, surgeon, primary care, ob-gyn) will be able to identify your risk, perform the test, explain the results and discuss what your mutation means for your children and other family members.

This brochure is not intended for diagnosis or replacement of medical care. Contact a breast care center or your physician for further evaluation.

BREAST CANCER GENES AND INHERITANCE

Breast cancer is the most common cancer that affects women in the United States. There are at least two majors genes (BRCA1 and BRCA2) that when they mutate can cause breast cancer. These genes can be passed from parent to child, increasing the risk of developing cancer in those children that have a parent carrying these genes.

BRCA1 and BRCA2 genes are located on chromosome 17 and chromosome 13 respectively. There is a 90% chance of developing breast cancer for a woman that has these mutated genes. In contrast, men carrying BRCA1 have no risk to develop breast cancer, but those carrying BRCA2 genes have high risk.

It is important to note that mutations in these genes can be passed on to children by *either parent*. A man with a mutation is just as likely to pass this gene to his children as a woman with a mutation.

Hereditary cancer occurs at a young age, for instance a woman in her 20s with breast cancer is more likely to have hereditary type of cancer than a woman in her 50s. *(familycancer.org)*

MYRIAD *myRisk* HEREDITARY CANCER TEST

Myriad Genetics, Inc., has launched an all-in-one cancer test that is more extensive but costs the same as older tests. The test analyses 25 genes associated with 8 major cancers, including breast, gastric, pancreatic, prostate, colorectal (for colon and rectal cancers), endometrial, melanoma and ovarian. Before, Myriad had five cancer tests that analyzed a total of 11 genes.

If a patient tests positive for a mutant form of one of the 25 genes, it could mean a 20 to 87 percent increased chance of getting the cancer associated with that gene.

Myriad has launched the test in a limited "early-access" program that includes 250 health care providers and will be more widely available by summer 2015.

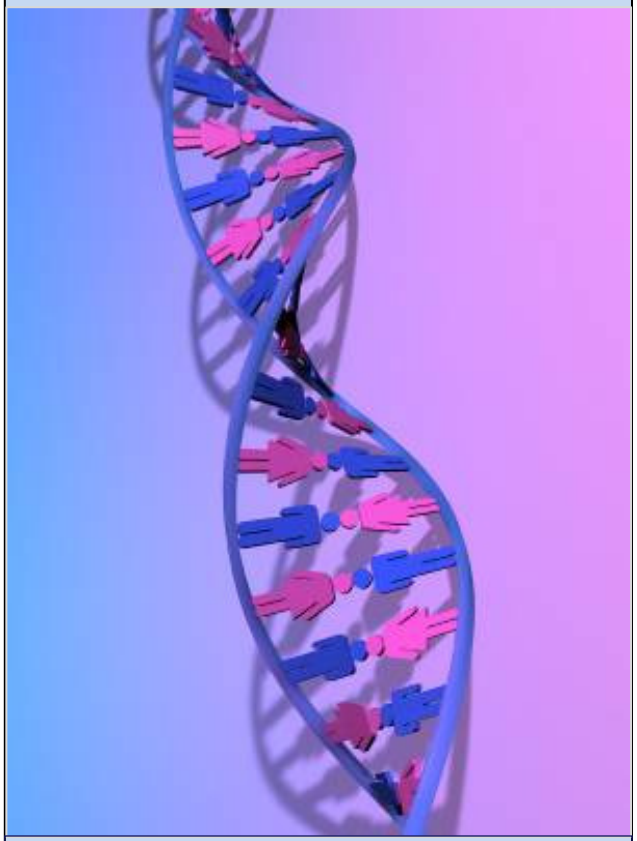
Sponsored by
Myriad Genetics Laboratories, Inc.
www.myriadtests.com

BRACAnalysis®

MYRIAD.

John W. Nick Foundation, Inc.
Dedicated to
Male Breast Cancer
Awareness and Prevention
Since 1995

HEREDITARY CANCER
BRCA1 & BRCA2 GENES



www.MaleBreastCancer.org

Mission Statement

To educate the world about the risk of breast cancer in men and to provide preventive and reactive measures to cancer through advocacy and education.