Medical recommendations for early detection and prevention of cancer include:

**Female breast:**
- Breast self-exam starting at age 18
- Clinical breast exam starting at age 25, every 6–12 months
- Annual breast MRI with contrast starting at age 25
- Annual breast MRI with contrast and mammography starting at age 30
- Consideration of risk-reducing mastectomy
- Options for breast cancer risk-reduction medications like tamoxifen

**Male breast:** Breast self-exam and clinical breast exam starting at age 35

**Ovarian:**
- Risk-reducing removal of ovaries and fallopian tubes (salpingooophorectomy) is recommended, typically by age 35–40 and upon completion of childbearing
- Transvaginal ultrasound and CA-125 testing starting at age 30–35
- Options for ovarian cancer risk-reduction medications like birth control pills

**Prostate:** Prostate cancer screening starting at age 45, including annual digital rectal examination and PSA testing.

**Pancreatic:** There are no specific recommendations. Screening should be individualized based on your family history of pancreatic cancer.

**Melanoma:** Skin exam by a dermatologist

Recommendations may be individualized based on your personal and family history of these cancer types. Speak to your doctor about what options are right for you.

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### BRCA2 Fact Sheet

<table>
<thead>
<tr>
<th>Cancer type</th>
<th>Average lifetime risk</th>
<th>Risk by age 70 with BRCA2 variant*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female breast</td>
<td>12%</td>
<td>38 – 84%</td>
</tr>
<tr>
<td>Male breast</td>
<td>&lt;0.1%</td>
<td>up to 8.9%</td>
</tr>
<tr>
<td>Ovarian</td>
<td>1 – 2%</td>
<td>16 – 27%</td>
</tr>
<tr>
<td>Prostate</td>
<td>11%</td>
<td>15 – 20%</td>
</tr>
<tr>
<td>Pancreatic</td>
<td>&lt;1%</td>
<td>2 – 7%</td>
</tr>
<tr>
<td>Melanoma (cutaneous /ocular)</td>
<td>1.6%</td>
<td>Elevated</td>
</tr>
</tbody>
</table>

*Risk estimates are from GeneReviews, and may vary amongst different studies.