PROCURE EN PARLE
WEBINARS TO DEMYSTIFY PROSTATE CANCER

OUR LAST WEBINAR ON REPLAY

CANCER FROM ONE GENERATION TO THE NEXT - FAMILY HISTORY OR GENETICS?
DR FRÉDÉRIC POULIOT, PH.D., FRCSC | WEDNESDAY, SEPTEMBER 23TH, 2020

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5 POINTS TO REMEMBER.

1. **WHY AND HOW DOES PROSTATE CANCER DEVELOP?**
   If we knew all the precise steps, we would have more treatment alternatives. Normally, body cells contain all the information that governs their development, functioning, reproduction and death. But, as for all cancers, certain cells may not behave in a normal way and multiply continuously. They arise from alterations in their DNA, due to hereditary genes or a gene mutation that can occur as we age. It is a set of factors that can lead to prostate cancer over the years.

2. **COULD IT BE THAT I HAVE BEEN LIVING WITH PROSTATE CANCER FOR SEVERAL YEARS WITHOUT KNOWING IT?**
   Yes. On the one hand, after autopsies, researchers found that about 10% of men between the ages of 30 and 40 already had cancer in their prostate. For men in this age group, the presence of cancer cells may be the result of chance or genes inherited from the father or mother, thus leading to hasty diagnoses, even in the forties. Meanwhile, researchers found that at least 30% of men over the age of 50 died with latent prostate cancer, which does not grow and does no harm.

3. **DOES A FAMILY HISTORY OF PROSTATE CANCER INCREASE MY RISK OF DEVELOPING ONE?**
   First, you must understand that the risk increases from the age of 50. Hence the importance of screening. Second, the risk increases in the presence of cancer in the family, especially when it affects a 1st-degree relative: father, mother, siblings. But know that children do not all inherit genes from their parents, which may explain why one will develop prostate cancer when his brother(s), no. More than twenty genes involved in prostate cancer have been discovered, including the best known, BRCA.

4. **I AM A BRCA2 CARRIER.**
   IS MY RISK HIGHER AND WILL PROSTATE CANCER BE MORE AGGRESSIVE WHEN DIAGNOSED?
   Men who inherit the BRCA gene mutation are more likely to one day develop prostate cancer. When this gene is confirmed by genetic testing, annual screening remains the follow-up key for early diagnosis. This genetic mutation also increases the risk of breast cancer and ovarian cancer in women. Ditto for the Lynch syndrome, which affects the genes that control the repair of errors that occur during DNA duplication. This type of hereditary genetic disease is complex, and it is better that it be managed by a specialist.

5. **WHAT SHOULD WE REMEMBER WHEN THERE IS A FAMILY HISTORY OF CANCER IN THE FAMILY?**
   Screening plays a key role. It can detect the disease at an early stage, often in the absence of symptoms, thereby preventing many deaths from advanced and aggressive cancers. The PSA levels during screening is also important in the care of men at risk. In addition to requesting a referral to a urologist if there is a family history, if you suspect the presence of an inherited genetic disease, confirming it through genetic testing and talking openly with your children is a must. And do not forget to adopt a healthy lifestyle. You are all important, unique, and worth it!

PROCURE
Halte au cancer de la prostate.
The Force Against Prostate Cancer.

INFO@PROCURE.CA | PROCURE.CA | 1 855 899-2873
1320 BOULEVARD GRAHAM, BUREAU 110, MONTRÉAL, H3P 3C8 CANADA