



A nonprofit organization for individuals and families affected by hereditary breast or ovarian cancer or a BRCA mutation.

- 👥 Communicate with others via our message boards, online chats, toll-free helpline and face-to-face meetings.
- 👥 Gather support, resources, and information on cancer risk, risk management, treatment and the latest research regarding hereditary cancer.
- 📖 Learn more through expert-reviewed articles on our information pages and in our quarterly newsletter.
- 👤 Locate specialists who can help you evaluate your risk and explore your options.

**FORCE -
Facing Our Risk of Cancer Empowered, Inc.**

A 501(c)3 Nonprofit Organization
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**What Every
Jewish Woman
Should Know
About Breast &
Ovarian Cancer**

Cancer Genetics and Jewish Women

WHY WOULD I WANT TO LEARN ABOUT HEREDITARY CANCER?

Certain gene changes called hereditary mutations can cause cancers to run in families. Hereditary cancer risk can be passed down from the mother or the father to daughters or sons.

The genes associated with hereditary breast and ovarian cancer are called *BRCA1* and *BRCA2*. Mutations in these genes can increase the risk for breast, ovarian, and other types of cancer.

One out of every 40 Jewish people carries a mutation in the *BRCA1* or *BRCA2* gene.

Signs of a cancer-causing mutation include:

- 👤 A family member with:
 - ovarian or fallopian tube cancer at any age
 - breast cancer at age 50 or younger
 - breast cancer in both breasts at any age
 - both breast and ovarian cancer
 - male breast cancer
- 👤 More than one relative on the same side of the family with any of these cancers:
 - breast cancer
 - ovarian or fallopian tube cancer
 - prostate cancer
 - pancreatic cancer

Children have a 50% chance of inheriting the parent's high cancer risk.

WHAT CAN I DO ABOUT HEREDITARY CANCER?

If you have any risk factors for hereditary breast and ovarian cancer, you can find out if you carry a *BRCA1* or *BRCA2* gene mutation. The test for the *BRCA1* and *BRCA2* gene mutations is a blood test.

If you test positive for a *BRCA* gene mutation, your lifetime risk for breast and ovarian cancer is very high.

If you test positive for a gene mutation, there are options available for lowering your cancer risk and for detecting cancer at an earlier, more treatable stage.

If you test negative for a *BRCA* mutation, your risk for breast and ovarian cancer will vary depending on other factors. An expert in cancer genetics can best clarify the meaning of a negative test result.

If you have been diagnosed with cancer, gene test results may affect recommendations about surgery, treatment, and follow-up care.

The test for the common *BRCA* mutations found in Jewish people costs about \$500. In many instances this cost is covered, either in part or in full, by insurance carriers.

WHERE CAN I LEARN MORE ABOUT HEREDITARY CANCER?

Experts in cancer genetics can help you understand hereditary cancer and provide you and your family with information about your cancer risk. They will:

- 👤 review your family medical history to assess and explain your risk for cancer
- 👤 describe the benefits and drawbacks of gene testing and discuss whether you are a candidate for the test
- 👤 order the appropriate test if you choose to proceed with gene testing
- 👤 interpret gene test results and explain what they mean for you and your family
- 👤 discuss how to manage your cancer risk and refer you to experts for follow-up care

If you are of Jewish heritage and you or a relative has been diagnosed with breast, ovarian, or pancreatic cancer, please see a genetics expert!

To find an expert in your area, or to receive support and information visit

www.facingourrisk.org

or call our peer support helpline at

(866) 824-RISK (7475)