

WHAT YOU SHOULD KNOW ABOUT CANCER AND GENETIC TESTING

One out of ten cancers are caused by a gene change that can be passed down from parents to children. These gene changes are called "inherited mutations." They can increase a person's risk for different types of cancer and can cause cancer to run in families. Genetic testing can help people learn if they have an inherited mutation in a gene that causes cancer.

This brochure can help you learn if your cancer or the cancer in your family may be caused by an inherited gene mutation and what you can do about it.

SIGNS OF AN INHERITED MUTATION OR HEREDITARY CANCER

You have a blood relative who has tested positive for an inherited mutation

-OR-

You or any family member has had:

- Pancreatic, ovarian, fallopian tube, primary peritoneal or male breast cancer at any age
- Breast, colorectal or endometrial cancer at age 50 or younger
- Two separate cancer diagnoses
- A type of breast cancer called "triple-negative breast cancer" at any age
- Prostate cancer at age 55 or younger or metastatic prostate cancer
- Colorectal cancer at any age with tumor testing that shows microsatellite instability (MSI-High) or other tumor test results that are suggestive of Lynch syndrome
- Endometrial cancer at any age with tumor testing that shows microsatellite instability (MSI-High) or other tumor test results that are suggestive of Lynch syndrome
- More than 10 colon polyps
- Rare or young-onset cancers
- Tumor testing that shows a mutation in a gene associated with hereditary cancer
- Eastern European Jewish ancestry and breast, ovarian or pancreatic cancer at any age

-OR-

More than one family member on the same side of the family has had a combination of the following cancers:

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| • Breast cancer | • Melanoma |
| • Ovarian, fallopian tube or primary peritoneal cancer | • Colorectal cancer |
| • Prostate cancer | • Endometrial cancer |
| • Pancreatic cancer | • Stomach cancer |
| | • Rare or young-onset cancers |

Speak with your doctor about a referral to an expert known as a genetic counselor if you or a family member has any of the conditions listed above. This list is not comprehensive; other cancers may be hereditary, too.



Genetic testing uses a sample of your blood or saliva to see if you have an inherited mutation in a cancer-related gene.

When someone is diagnosed with cancer, their tumor may be tested to discover if they might benefit from a specific treatment. These tumor tests can sometimes find inherited mutations too.



It is important to speak with your doctor to learn which tests have been done and what your results mean. An expert in genetics, called a genetic counselor can help you make decisions about genetic testing and understand your test results. FORCE: Facing Our Risk of Cancer Empowered has tools to help you find a genetics expert in your area.

INFORMATION IS POWER!

Your genetic test results may provide you with more affect your options for detecting, preventing and treating hereditary cancer. Sharing your test results with relatives can help them learn more about their own cancer risk and provide them with medical options for staying healthy.

INSURANCE, PRIVACY AND DISCRIMINATION

Most insurance companies will cover the cost for genetic counseling and testing for people who meet the national guidelines. A genetic counselor can help determine whether you qualify for genetic services under your health insurance plan. Low-cost options for genetic testing are also available if you need to pay out-of-pocket.

There are federal laws that restrict health insurance companies and employers from discriminating against you based on your genetic information. These laws do not apply to life, disability or long-term care insurance, but some states have laws which protect against discrimination for these types of insurance.



This brochure was created by FORCE: Facing Our Risk of Cancer Empowered.
Visit their site at FacingOurRisk.org for more information on hereditary cancers.