

Dear \_\_\_\_\_ ,

I hope that you and your family are doing well.

I recently learned specific medical information that affects our family's risk for disease, and I want to share it with you, along with other general information, so that you and your family can determine whether or not you need to take further action.

I met with a genetic counselor at \_\_\_\_\_ and went through counseling for hereditary breast, ovarian, and other cancers. Through genetic testing performed with a blood or saliva test, I learned that I have a \_\_\_\_\_ mutation in the \_\_\_\_\_ gene.

*(Mention here if you are willing to provide a copy of your test result.)*

Because we are blood relatives, experts recommend that you share this information with your healthcare provider, and schedule an appointment with a genetic counselor to discuss how my test result may affect you and your family, and determine if testing is appropriate for you. (If you need to locate a genetics expert, you can visit the National Society of Genetic Counselors at [www.nsgc.org](http://www.nsgc.org).)

Men or women with an inherited gene change have a 50% chance of passing the mutation to each of their children. These changes can increase the risk for cancers in different parts of the body; they do not increase risk for every type of cancer, and not everyone who is born with a gene change will develop cancer. This is why it is important to speak with a genetics expert, who can help you understand your own level of risk.

If you have genetic testing and find that you carry the same mutation I have, you have many options for managing high risk. Your healthcare provider can discuss these alternatives with you so that you can make informed decisions. Another powerful resource is the nonprofit support organization Facing Our Risk of Cancer Empowered (FORCE). It provided helpful information and support that empowered and prepared me to advocate for my own health. FORCE's website ([www.facingourrisk.org](http://www.facingourrisk.org)) provides expert-reviewed information. If you sign up for FORCE's Peer Navigation Program, a trained volunteer will walk you through

information you need and help you to understand what it means for our family.

I would be happy to share my own experience and decisions with you.

With best wishes for good health,