

# FAQ'S



## WHAT IS INVOLVED IN A HEREDITARY CANCER ASSESSMENT?

A genetic assessment includes:

- **Genetic Expert:** A genetic expert can play a vital role in helping you identify your risk of developing a hereditary cancer. If it is determined that you are at risk, the genetic expert can work with you and your primary physician to provide ongoing clinical support and guidance.
- **Medical History:** A genetic expert will complete a detailed review of your personal and family history to determine your risk of developing a hereditary cancer. If you are at risk, the genetic expert will give recommendations based on the most recently reported clinical guidelines. Genetic testing is often ordered after taking your history to determine your overall risk.
- **Genetic Testing:** Genetic testing for hereditary cancers is an analysis of a person's genes to determine if there is a change in a gene that increases the person's risk of developing cancer. The testing can be performed non-invasively with the collection of a saliva sample. Insurance companies will usually cover the cost of the genetic counseling appointment and genetic testing if your personal or family history places you at risk of developing a hereditary cancer.
- **Post-Test Genetic Counseling:** The genetic expert will spend time with you after testing explaining the results and implications of the testing. If you are at risk, the genetic expert will work with you to develop a Primary Prevention Plan for the hereditary cancer.
- **Personalized Prevention Plan:** This is a plan developed by you and the genetic expert to be intentional about taking steps that lead to prevention or early detection of cancer. Genetic counseling and testing provide you with medical knowledge so that you can make informed decisions about your health.
- **Family Risk:** If you test positive for a gene mutation that places you at risk of developing a hereditary cancer, we encourage your family members to be tested as well. The information from genetic counseling and testing can enable family members to make life-saving decisions about their health or relieve their concern if they test negative for the abnormal gene.

## WHAT HAPPENS DURING MY CONSULTATION WITH A GENETIC EXPERT?

Your personal and family cancer history will be reviewed, including type(s) of cancer and age(s) at diagnosis. Based on this information a genetic professional will:

- Evaluate your risk of inherited cancer.
- Discuss available genetic testing options to evaluate your risk of cancer.
- Discuss the benefits and considerations of testing, including insurance coverage and confidentiality.
- Help you decide if genetic testing is right for you.
- Explain the process for ordering genetic testing.
- Talk to you about medical management options based on personal/family history and/or genetic test results.
- Discuss the emotional impact of the information on you and your family.

## THE BENEFITS OF KNOWING IF YOU HAVE AN INHERITED CANCER RISK:

- Prevention
- Early detection
- Relief from uncertainty
- Knowledge to make informed health decisions
- Proactive lifestyle changes
- Health information that can help your family

TO SCHEDULE YOUR CONSULTATION WITH A GENETIC EXPERT, PLEASE CONTACT US:  
**800-345-7201** or visit us online at [www.hopessource.org](http://www.hopessource.org)