Genetic Screening Visit

Before your visit

In a typical hereditary breast ovarian cancer genetic counsling visit be prepared to answer the following set of questions, please check were applicable.

- ☐ About your self (same questions applies for your relatives below)
  - Age at diagnosis of breast cancer,
  - ☐ is it less than or equal 50
  - ☐ or more than 50
  - ☐ Male breast cancer if applicable
  - ☐ Was the breast cancer triple negative, i.e Estrogen receptor negative, Progesterone receptor negative, and HER2 negative.
  - ☐ Ovarian, fallopian tube, or primary peritoneal cancer.
  - ☐ Bilateral breast cancer (both sides) diagnosed at same time or different times.
  - ☐ Ashkenazi Jewish background /with breast or ovarian cancer.
  - ☐ Pancreatic cancer if applicable.
  - ☐ Prostate cancer if applicable
- ☐ About your immediate relatives such as parents, siblings, and children.

- ☐ About extended blood relative such as grandparents, aunts, uncles.

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Risk assessment

After providing all the above your health care provider will determine the appropriate genetic test for example

☐ limited testing to the previously identified mutations (founder mutation)

☐ limited panel. Please specify below.

☐ Extended panel. Please specify below

Please be advised that testing may take up to 3 weeks to get results

Results

The result is usually categorized as one of the following,

No mutation detected or

Positive pathogenic variant or

Variant of uncertain signficance

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Below I will discuss general guidlines of the discussion that take place with provider specifically after finding a positive pathogenic variant. In summary, the finding of postive pathogenic variant result indicate increased risk for cancer. Your healthcare provide will then provide with early detection, risk reduction plan that will focus on the following main items,

A. Breast awarness, including breast self-examination for both men and women. Please write details here.

B. Imaging exams, e.g. mammogram, MRI or other. Please write details below

C. Risk reduction strategy by medications and/or surgery. Please write details below.

D. Family members, please consider sharing information with your family members so that they can also be seen by their healthcare providers for further recommendations

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Genetic Testing Criteria for Hereditary Breast and Ovarian Cancer Syndrome (adapted from NCCN)

- ☐ An individual with ovarian cancer.
- ☐ An individual with breast cancer diagnosis meeting any of the following:
  - ☐ A known mutation in a cancer susceptibiligy gene within family.
  - ☐ Breast cancer diagnosed at age of 50 or less.
  - ☐ Triple negative breast cancer diagnosed at age of 60 or less.
  - ☐ Two breast primaries in a single individual.
  - ☐ Breast cancer at any age, and
    - ☐ ≥1 close blood relative with breast cancer ≤50 years, or
    - ☐ ≥1 close blood relative with invasive ovarian cancer at any age, or
    - ☐ ≥2 close blood relatives with breast cancer and/or pancreatic cancer at any age, or
    - ☐ Pancreatic cancer at any age, or
    - ☐ From a population at increased risk.
  - ☐ Male breast cancer
- ☐ An individual of Ashkenazi Jewish descent with breast, ovarian or pancreatic cancer at any age
- ☐ An individual with a personal and/or family history of three or more of specific cancers (check with your provider for details)
- ☐ An individual with no personal history of cancer but with strong close family history of breast cancer, or ovarain cancer occuring at younger age, or male breast cancer. (check with your provider for details)

Genetic Screening Visit Questions

Why do I need genetic testing? Do I have a hereditary breast and ovarian cancer (HBOC)?

What specific gene I am tested for?

Do I need extended testing beyond the above?

How long will I have to wait for the results?

Will insurance pay for genetic screening?

What will the result mean for me and my treating team?

What other tools and resources I can look on my own?
I suggest you looking at the following please also consider checking the genetics resources in the link page here http://www.breast-cancerinfocus.com/links/
https://myriad.com/patients-families/patient-resources/
http://patients.ambrygen.com/cancer