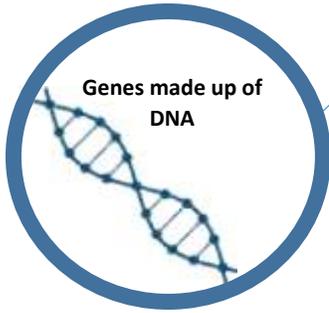


Genetic Counseling & Testing

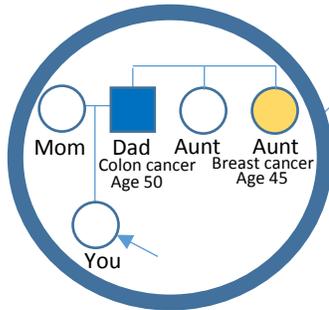
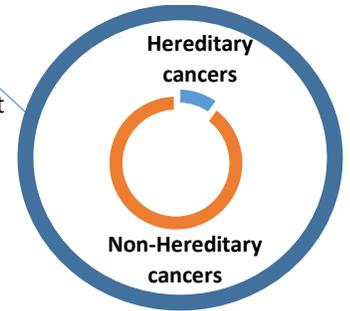


WHAT IS GENETICS?

There are thousands of genes in the body. **Genes** are instructions that tell your body how to grow and function, including how to stop cancer. You inherit your genes from your parents and pass them down to future generations. You inherit 2 copies of each gene- one from your mother and one from your father.

WHAT IS HEREDITARY CANCER?

Cancer can happen for a variety of reasons. If a person inherits a broken copy of a gene (mutation) that works to protect the body from cancer, he or she does not have the same level of protection, and may have an increased risk for cancer. These are **hereditary** cancers.



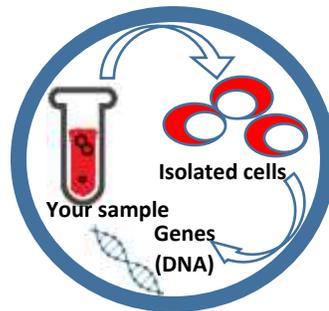
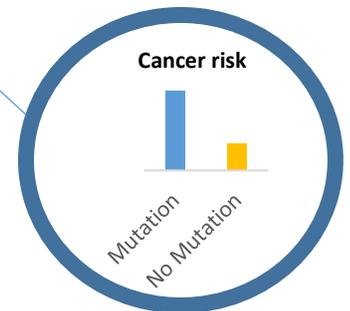
WHY YOUR FAMILY HISTORY MATTERS

Sometimes, a family tree can show signs of hereditary cancer, such as multiple relatives with cancer or young ages at cancer diagnosis. However, not all families show clear signs. A genetic counselor will review your family history and discuss your cancer risks with you.

KNOWING YOUR RISKS CAN PROTECT YOU AND YOUR FAMILY

Genetic testing can help determine if there is hereditary cancer in your family.

- If you have a mutation, you and your doctors can take steps to reduce your risk of cancer or identify cancers earlier. This may involve more frequent cancer screening like colonoscopies or mammograms and/or surgeries, which can help reduce your cancer risk.
- For someone who has cancer, genetic test results may provide additional therapy options.
- Your family members may also have inherited the same mutation and should consider having genetic testing to better understand their own cancer risks and options to manage these risks.



WHAT IS GENETIC TESTING?

Genetic testing is performed in a laboratory using a blood or saliva sample to look for mutations that may increase your risk for developing cancer. There are three possible results:

POSITIVE: The test found a mutation. This does not mean that you have cancer. A genetic counselor will discuss your cancer risks and ways to manage these risks.

NEGATIVE: Testing did not find a mutation. This does not mean that you will never develop cancer. Your genetic counselor will make recommendations based on your family history. Other family members may still need genetic testing.

UNCERTAIN: Testing found a genetic change, but we do not know if it leads to a higher risk for cancer. We do NOT recommend changing your screening based on this result. We will re-contact you if we learn more about this change in the future.

THINGS TO CONSIDER

While state and federal laws prevent most health insurance companies and employers from using a genetic test result against you, these laws do not apply to life insurance, long-term care insurance, or disability insurance. You can visit <http://www.ginahelp.org> to learn more.

Any genetic test has limitations. There may be genes related to cancer that we have not discovered yet, or mutations we cannot detect with current testing technology.

It is important to consider the potential psychological impact of genetic testing.



For more information:
Call us at 214-645-2563

Visit the <https://utswmed.org/conditions-treatments/genetics-and-hereditary-cancers/> for learn about genetic counseling & testing
Visit <http://cancerinthefamily.com/> to learn more about the DUAL grant-funded program