

CANCER GENETICS QUESTIONNAIRE



Does cancer run in your family?

While 90% of cancers develop due to lifestyle, environmental or aging factors, 5 to 10% of cancers are passed down from generation to generation. If you or your family members have been diagnosed with colon, breast, pancreatic, ovarian, prostate, or uterine cancer, you could be at increased risk for developing these cancers.

This questionnaire identifies a few factors that could increase your risk.

Interpreting the Results

If you answer **yes** to any of the questions and you are 18 years of age or older, you may benefit from participating in our genetic counseling program. Our experts can help guide you through the process to identify your risk. If you are uncertain about your family's medical history or have concerns about other cancers, our program staff can help.

Take the next step to know if you are at increased risk for cancer. To make an appointment and start your personal assessment, call 856-247-7373.

► Have you or a family member (first, second or third degree relative) been diagnosed with the following:

| | Yes | No | Uncertain |
|--|-----------------------|-----------------------|-----------------------|
| Breast cancer under age 45 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Breast cancer between age 46 to 50, and have a relative with breast, ovarian, pancreatic, or prostate cancer | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Triple negative breast cancer at age 60 or younger | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| More than one type of cancer, or breast cancer twice | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Breast, ovarian, or pancreatic cancer at any age and are of Ashkenazi (Eastern European) Jewish descent | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Breast cancer and have a relative with breast cancer younger than age 50, or with ovarian, pancreatic, or prostate cancer at any age | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Male breast cancer at any age | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Three diagnoses of breast cancers in yourself and/or close relatives | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Ovarian or pancreatic cancer at any age | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A known cancer gene mutation in the family | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Colon, rectal, or uterine cancer before the age of 50 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Colon and uterine cancer | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Two or more colon or rectal cancers | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10 or more colon polyps | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Cancer Genetics Program at Virtua

By completing your personal cancer risk assessment with the cancer genetics program, you will be empowered to make informed health decisions for yourself and your family.

Our cancer genetics experts will guide you through the process to determine your risk, make decisions about testing, and plan your next steps to decrease your risk for cancer.

As a participant, you will:

- ▶ Receive individualized and comprehensive counseling from cancer genetics experts, including medical oncologists trained in cancer genetics, licensed genetic counselors, advanced practice nurses, and social workers
- ▶ Discover if you have an increased risk for cancer
- ▶ Learn about the benefits, risks and limitations of genetic testing
- ▶ Undergo genetic testing, if appropriate
- ▶ Learn what you can do to decrease your risk for developing cancer (screening and medical or surgical options)
- ▶ Receive information regarding clinical trials, if eligible

Genetic Testing

If you decide that genetic testing is right for you, your cancer risk counselor will discuss your eligibility.

Breast and Ovarian Cancer Syndromes

Hereditary breast and ovarian cancer syndromes are most commonly caused by the BRCA1 and BRCA2 genes, but they are not the only genes associated with these hereditary cancers. If an alteration is found in one of the identified genes,

it can indicate a higher risk for developing certain cancers. For women, that means a higher risk for developing breast and/or ovarian cancer. For men, it is an increased risk for breast and prostate cancer. In addition, men and women who have already been diagnosed with these cancers are at increased risk for developing a second cancer. This makes genetic testing for breast, ovarian, and prostate cancer extremely important for those previously diagnosed.

Colorectal Cancer Syndromes

Genetic tests are available for hereditary colon cancer. Common inherited cancer syndromes include Lynch Syndrome (hereditary nonpolyposis colorectal cancer, or HNPCC) and familial adenomatous polyposis (FAP). Lynch Syndrome increases your risk for colon, uterine, ovarian, and other cancers. FAP causes you to have hundreds of colon polyps and significantly increases your risk for colon cancer.

Genetic testing also is available for other gastrointestinal hereditary cancer syndromes.

Schedule an appointment with a cancer genetics expert today. Call 856-247-7373



Penn Medicine



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Health

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