

## Cancer is more likely to be inherited if:

- Three or more blood relatives have the same type of cancer (except cervical, lung or skin cancer);
- Breast, colon, uterine, or rectal cancer was diagnosed before age 50;
- The cancer is ovarian, fallopian tube or peritoneal cancer
- The cancer is a rare type, such as breast cancer in a man;
- The cancer develops bilaterally, for example, in both breasts or both kidneys;
- A single family member has developed more than one type of cancer; for example a woman with uterine and colon cancer (except cervical, lung or skin cancer).

If any of the above applies to you or your family, you may benefit from a genetic counseling appointment with a Master's trained and board certified genetic counselor.



# HEREDITARY CANCER ARE YOU AT RISK?



Penrose Cancer Center is located on the Penrose Hospital campus off of Nevada Avenue.

2222 North Nevada Avenue  
Colorado Springs, CO 80907  
Appointments: 719-776-5279

Dorcy Cancer Center is located on the St. Mary-Corwin Medical Center campus off of Lake Avenue

2004 Lake Avenue  
Pueblo, Colorado 81004  
Appointments: 719-557-5701

[www.penrosecancercenter.org](http://www.penrosecancercenter.org)

[www.stmarycorwin.org](http://www.stmarycorwin.org)

**Penrose  
Cancer Center**



**Dorcy Cancer Center  
St. Mary-Corwin Medical Center**



Centura Health complies with the Civil Rights Act of 1964 and Section 504 of the Rehabilitation Act of 1973, and no person shall be excluded from participation in, be denied benefits of, or otherwise be subjected to discrimination in the provision of any care or service on the grounds of race, religion, color, sex, national origin, sexual preference, ancestry, age, familial status, disability or handicap.  
Copyright © Centura Health, 2011



## DNA CONNECTED

Penrose  
Cancer Center



Dorcy Cancer Center  
St. Mary-Corwin Medical Center







## Is there cancer in your family?

If so, it's not unusual. One in three people develop cancer at some time in their lives. Most families include someone who has had cancer.

A family history of cancer does not mean you will develop cancer yourself. Inherited cancers are rare. Only 5 to 10% of people with cancer have a type that is caused by inherited gene changes.

## What is an inherited cancer?

Inherited cancer is caused by changes in certain genes. Genes are the instructions that our bodies use to grow and function. Genes and gene changes are passed from parents to children.

## How can genetic counseling help?

- You may learn your risk for cancer is less than you expected.
- Your doctor may want to check you for cancer earlier and more often.
- You may want to consider ways to reduce the chance of developing cancer.
- You could share information with your relatives so they can prevent a cancer or arrange screening tests.

## Is genetic counseling the same as genetic testing?

Genetic counseling is the first step towards genetic lab testing. Information gathered during genetic counseling helps determine if genetic lab testing would be helpful in your situation.

A genetic counseling session may include:

- Recording a detailed family history
- Using family history information to:
  - Estimate your risk to develop cancer
  - Estimate the risk of an inherited cancer in your family
- Discussing ways to screen for and prevent cancer based on your risks
- Reviewing the pros and cons of genetic lab testing
- Deciding if genetic testing is right for you, given your particular risks and concerns

The counselor will arrange for genetic lab testing if needed after your counseling session. Genetic testing requires a blood draw. Some laboratories will accept cells from inside of your cheek. The blood is sent to a special lab, and results usually take 2-4 weeks.

## What questions are asked at a genetic counseling appointment?

- Which relatives have had cancer?
- How old were they when they developed cancer?
- What type of cancer(s) did they have?
- Where did the cancer start in their body?
- Have they had genetic testing?



## I already have cancer. How can genetic counseling help me?

Some inherited gene changes cause several types of cancer. Genetic counseling and testing may determine if you are at risk for another type of cancer in the future. You can then consider ways to prevent other cancers. Many people with cancer seek genetic counseling and testing to help their relatives. The risk of cancer for your relatives is based on the results of your genetic evaluation.

## Will insurance pay for genetic testing?

Most insurance companies will cover the cost of a genetic lab test if it will improve a person's medical care and they have a reasonable chance of having an inherited cancer condition.

## If I have genetic testing, will I be discriminated against?

Federal and state laws help protect people undergoing genetic testing against health insurance discrimination and employment discrimination.

The Genetic Information Non-Discrimination Act (GINA) is a federal law passed in 2008.

For more information:  
<http://geneticfairness.org/ginaresource.html>

Or a fact sheet:  
<http://genome.gov/10002328>

## HOW CAN I FIND OUT MORE?

For more information please contact:

**719-776-5279**

[www.penrosecancercenter.org](http://www.penrosecancercenter.org)

**719-557-5701**

[www.stmarycorwin.org](http://www.stmarycorwin.org)