

## Testing for Hereditary Cancer Involves Several Steps:

### Assessment

An initial assessment will gather detailed information about your family's health history, your own health history and your lifestyle to determine if you meet criteria for genetic testing.

### Education

We will meet with you to discuss the benefits and limitations of genetic testing. This is the perfect time for you to ask questions and receive answers.

### Testing

If you wish to proceed with genetic testing, we identify the appropriate test for you, coordinate your testing and notify you when the results are ready.

### Results

We will meet with you to discuss your test results, what they mean to you and how they might affect health care options and choices available to other family members. We will also share these findings with your physician.

If your assessment or test results show that you have inherited a higher cancer risk, we can talk with you about managing that risk. We will also be ready to discuss treatment plans, resource information and emotional support for you and your loved ones.

## What is a Genetic Counselor?

Genetic counselors are health professionals specially trained in medical genetics and counseling to help individuals and their families understand and manage risk for inherited cancer.

## Insurance Coverage

Many insurance companies cover the cost of genetic counseling and testing. We can help you find out what your insurance will pay for.

## How to Get Started

To make an appointment, contact  
**TriHealth Cancer Institute at 513 853 1300**

## Locations

Bethesda North Hospital—Outpatient Imaging Center/Breast Center

Good Samaritan Hospital—4th floor TriHealth Cancer Institute

Telemedicine (video-based)—various locations, please ask for more information

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**The TriHealth Cancer Institute was created to focus all the cancer expertise in our system on finding ways to prevent, manage and fight this disease for our patients. The Institute is part of TriHealth, a unified health system where physicians, hospitals and communities work together to help you live better.**



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73048 | CPS5005 | 03 2016



# Cancer Genetic Counseling

Empower yourself.  
Know your inherited risks.





### **The Importance of Understanding Your Risks**

A family history of cancer does not mean that you will develop cancer. It simply means that you have a higher chance of developing it based on your family's history with the disease. Certain cancers, including breast, colon, uterine, ovarian, melanoma and pancreatic cancer, are more likely to run in some families.

By understanding your risk for cancer, you can increase your chances for early detection and successful treatment. You can also take steps to improve your health and to manage and reduce your risk.

### **Confidentiality**

At TriHealth, we manage your genetic testing information the same way we handle all patient information—with strict and complete confidentiality. No one will have access to information about your genetic testing without your written consent. We can also provide you with information about protections in place to assure that employers and insurance companies do not discriminate against you based on the results of genetic testing.

### **Inherited Cancer**

Inherited cancer is caused by changes or mutations in certain genes. Some gene changes result in a greater chance for cancer. These cancer-prone genes can be passed from parents to children.

Most cases of cancer are not inherited. Nearly 90 percent are due to your environment, your lifestyle and factors other than genetics. However, genetic testing can reveal the presence, or absence, of gene changes for cancers believed to “run in the family.”

### **Who should get tested?**

You may benefit from genetic counseling and testing for inherited cancer if your family history includes:

- Cancer that occurs at an early age (50 or younger).
- Two or more close relatives who have the same type of cancer or related cancers.
- Cancer that has occurred in more than one generation.
- More than one cancer in the same family member, especially certain combinations such as cancers of the breast/ovary, colon/uterus or melanoma/pancreas.
- A close relative with a rare type of cancer or tumor.
- Cancer that develops in both breasts, both ovaries, both kidneys, etc.
- Other factors associated with inherited cancers, such as multiple colon polyps.

### **Genetic Counseling and Testing**

Genetic counseling determines if lab tests will be helpful in learning your risk, or a family member's risk, for particular types of cancer. If you already have cancer, genetic counseling and testing may determine if you are at risk to develop another type of cancer. Testing may also help family members know if they are at increased risk for cancer as well.

