Screening is encouraged for individuals of Ashkenazi Jewish descent with a personal or family history of:

Breast Cancer —
- diagnosed at or before age 55.
- breast and/or ovarian cancer at any age.

Ovarian Cancer —
- personal or family history at any age.

Hereditary Colorectal Cancer or Endometrial Cancer

Screening is encouraged for individuals with any personal or family history of:

Colorectal and/or Endometrial Cancer —
- diagnosed at or before age 50.
- diagnosed in two or more close relatives, with one diagnosed before age 50.
- diagnosed in three or more close relatives at any age.
- colorectal cancer with endometrial cancer in same female family member.
- colorectal cancer or endometrial cancer, one of each cancer in two close relatives at any age.
- personal or family history of ovarian, small bowel, ureter or renal pelvis cancer.
- multiple polyps of the colon.

Genetic Testing
We now know the genetic basis for many forms of cancer, and genetic testing for various inherited forms of cancer is available.

Insurance Coverage
Cancer genetic risk assessment and genetic testing are reimbursed benefits under numerous insurance plans, including Medicare and Medi-Cal. We encourage benefit verification with insurance carriers to better understand coverage options or limitations and to avoid unexpected out-of-pocket expenses.
Cancer Genetic Risk Assessment

Although we now know many risk factors for cancer, it is usually impossible to determine the “cause” of an individual’s cancer. Most cancers are sporadic and not due to an inherited predisposition. But about 5% to 10% of all cancers do have a hereditary component.

The Cancer Genetic Risk Assessment Program is available to help identify persons who are at higher risk for developing cancers due to an inherited predisposition. Identifying these cancer risks can assist healthcare providers to tailor patient management and treatment options, as well as prescribe diagnostic and screening tests for earlier cancer detection.

Cancer Genetic Risk Assessment Program Services

The Cancer Genetic Risk Assessment Program offers cancer genetic evaluation and counseling services to individuals and families who may be at an increased risk for developing cancer. Our services include:

- Medical oncologist consultation
- Physician referrals
- Psychosocial support
- Personal and family medical history evaluation with genetic counselor
- Risk assessment using pedigree analysis and computerized risk prediction models
- Genetic education and counseling
- Genetic testing facilitation

Initial genetic counseling appointments are usually 60 - 90 minutes long; follow-up counseling sessions vary in length.

Who can benefit from genetic counseling?

Genetic counseling can help an individual through the decision-making process and provide an opportunity to ask questions and have concerns addressed. Seeing a genetic counselor does not mean a person is required to undergo genetic testing. Genetic testing is not right for everyone, and involves a very personal decision.

Persons who could benefit from genetic counseling include:

- Anyone with a personal and/or family history of possible hereditary cancer susceptibility.
- Anyone with extreme cancer anxiety, even without heightened risk.
- Anyone inquiring about cancer risk in their children or extended family members.
- Anyone considering cancer genetic testing.
- Any member of a family with a known cancer susceptibility syndrome.
- Anyone who has already undergone genetic testing through his/her physician and would like to discuss his/her test results.
- Anyone at high risk, including those with a known cancer susceptibility syndrome, who has questions about cancer prevention, screening options, or treatment.

Possible Signs of Hereditary Cancer

Cancer genetic risk assessment is appropriate for anyone with a family history indicative of a hereditary cancer syndrome. Possible signifiers of hereditary cancer are:

- Any cancer diagnosed at an age younger than the age of 50
- More than one close family member diagnosed with either the same type of cancer or related cancers (for example: prostate and uterine cancer, breast and ovarian cancer)
- Diagnosis of rare cancer or discovery of a rare tumor
- Diagnoses of two or more primary cancers in the same person

Hereditary Breast and Ovarian Cancer

Screening is encouraged for individuals with any personal or family history of:

Breast Cancer —

- diagnosed at or before age 50.
- in two or more close relatives before age 50.
- bilateral, first cancer before age 50.
- ductal carcinoma in situ (DCIS) before age 40.
- in any male family member at any age.

Breast and Ovarian Cancer —

- in any female family member at any age.
- in two close relatives at any age, one of each cancer.

Ovarian Cancer —

- in two close relatives at any age.