



Account #:

Your Genetics appointment is scheduled on:

Date:

Time:

Location:



**Did you know?** Up to 10% of breast cancers and 15% of ovarian cancers are considered hereditary. Of these, the majority is due to mutations in one of two major breast cancer susceptibility genes, BRCA1 or BRCA2. Women with mutations in BRCA1 or BRCA2 have up to a 50% risk of breast cancer by the age of 50 and up to an 87% lifetime risk of breast cancer. In addition to the risk of breast cancer, women with BRCA mutations have up to a 44% lifetime risk of ovarian cancer. Testing is now available for additional genes.

## Why consider genetic counseling and testing?

If you have a personal and/or family history of cancer, you may want to understand the implications of this history for both yourself and your family members. By learning if you have a hereditary predisposition to breast cancer, you will have the opportunity to discuss your personalized cancer risks with your health care providers to develop a customized medical management plan, which may include:

- Increased breast cancer surveillance, including breast MRI
- Preventative surgery (*i.e. risk-reducing mastectomy and/or oophorectomy*) an/or
- Chemoprevention (*drugs used to reduce cancer risk, such as Tamoxifen*).

These interventions can lead to the early detection and/or prevention of cancer.

## What happens during a genetic counseling appointment?

A genetic counseling appointment takes approximately 30 to 60 minutes. During this time, our genetic counselor meets with the patient and obtains a detailed personal and family history cancer. After performing a personalized breast cancer

risk assessment, she determines a patients eligibility for additional breast cancer services, including breast MRI and/or genetic testing. For patients who are candidates for genetic testing, the genetic counselor will discuss risks, benefits and limitations. She will also answer any questions patients have regarding their personal and/or family history of cancer so patients can decide if testing is right for them. If the patient chooses to pursue genetic testing after this discussion, informed consent is obtained. Either a blood draw or mouthwash sample is then collected and sent to the laboratory for testing. Results are available in approximately four weeks.

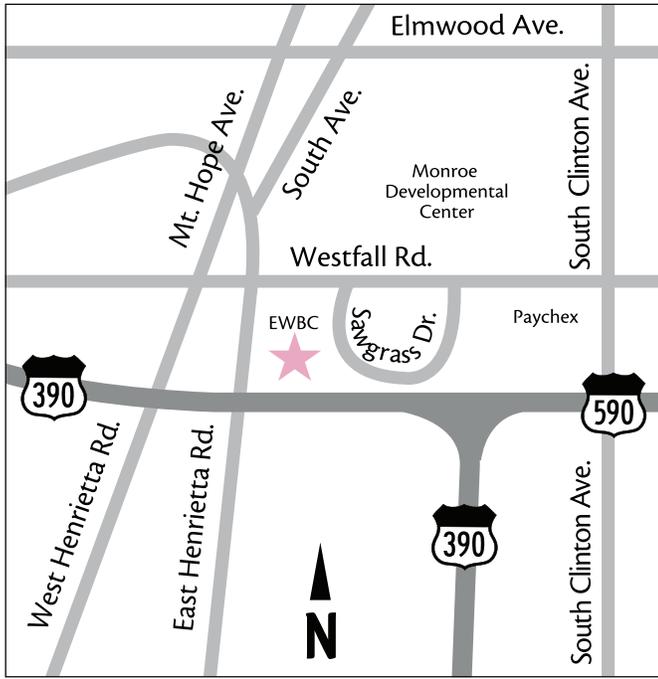
## Does insurance pay for genetic testing?

Most insurance companies cover genetic testing when appropriate. Our genetic counseling staff will help review guidelines of each patient's particular insurance provider to determine if testing will be covered. If necessary, prior authorization will be obtained. Some insurances may cover the genetic testing but not the counseling. This was reviewed at the time you scheduled the consultation.



## Directions to our Brighton office (main office):

170 Sawgrass Drive | Rochester, NY 14620 | (585) 442-2190



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### FROM THE NORTH/WEST

- Travel 390 South to exit 16B (Rt. 15A - East Henrietta Rd.) ■ Turn left onto East Henrietta Rd. ■ At the third stoplight, turn right onto Westfall Road. Continue for 1/4 mile to the next stoplight. ■ Turn right onto Sawgrass Dr. and follow Sawgrass Dr. around a big curve in the road. EWBC will be on your left.

### FROM THE NORTH/EAST

- Travel 590 South to 390 North. ■ Take 390 North to Exit 16 (Rt. 15A - East Henrietta Rd.) ■ Turn right onto East Henrietta Rd. ■ At the second stoplight, turn right onto Westfall Road. Continue for 1/4 mile to the next stoplight. ■ Turn right onto Sawgrass Dr. and follow Sawgrass Dr. around a big curve in the road. EWBC will be on your left.

### FROM THE SOUTH/THRUWAY

- Take the NYS Thruway to exit 46. ■ Travel 390 North toward the airport.
- Get off at Exit 16 (Rt. 15A - East Henrietta Rd.) *Please note that there are two exits for East Henrietta Rd. on 390—be sure to take the second one, Exit 16.* ■ Turn right onto East Henrietta Rd. ■ At the second stoplight, turn right onto Westfall Rd. Continue for 1/4 mile to the next stoplight. ■ Turn right onto Sawgrass Dr. and follow Sawgrass Dr. around a big curve in the road. EWBC will be on your left.

