EWBC provides wide-scale risk assessment for our patients. Determining an individual's lifetime risk of breast cancer is imperative in implementing an appropriate management plan.

Our patients complete a health history questionnaire which allows the software to calculate both the patient's lifetime risk of breast cancer as well as their individual likelihood of a genetic mutation.

Any patient with a personal or family history of cancer meeting NCCN guidelines or a 5% risk or greater of a mutation is eligible for genetic counseling and possible testing. Referring physicians receive a report which includes all appropriate risk scores.

To schedule an appointment

(Brighton location only), please call our genetic counseling staff at (585) 758-7041. Please have your insurance information available and be prepared to discuss details regarding your personal and family history of cancer *(with particular attention to specific types of cancer diagnoses and ages of onset).*

FOR ADDITIONAL INFORMATION:

- Elizabeth Wende Breast Care: *ewbc.com*
- American Cancer Society: *cancer.org*
- Be Bright Pink: *BeBrightPink.org*
- Myriad Genetic Laboratories: *myriad.com*
- Counsyl: *counsyl.com*

Genetic Testing & Breast Cancer Community Lectures

MAIN OFFICE IN BRIGHTON at
170 Sawgrass Drive, Rochester, NY 14620
Designated Mondays at 5:30pm.
PLEASE CALL FOR DATES AT (585) 442-2190, ext 6070

Hereditary Breast & Ovarian Cancer Support Group (FORCE)

Facing Our Risk of Cancer Empowered (FORCE):
Facingourrisk.org

A genetics expert affiliate group for women and men affected by BRCA1 or BRCA2 is held at the Elizabeth Wende Breast Care quarterly. A diagnosis of Hereditary Breast and Ovarian Cancer Syndrome can be life-altering. It is our hope that by offering a regular, on-going time for discussion and support, we will form a community that helps each individual along their journey.

FOR MORE INFORMATION,
please call our Genetic Counseling department
at (585) 758-7041

EWBC
Elizabeth Wende Breast Care

Genetic Counseling *and* Cancer Risk Assessment

170 Sawgrass Dr., Rochester, 14620 (MAIN OFFICE)
(585) 758-7041

What happens during a genetic counseling appointment?

A GENETIC COUNSELING APPOINTMENT TAKES APPROXIMATELY 30 TO 60 MINUTES. During this time, our genetic counseling staff meets with the patient and obtains a detailed personal and family history cancer. After performing a personalized breast cancer risk assessment, a patient's eligibility for additional breast cancer services, including breast MRI and/or genetic testing is determined. For patients who are candidates for genetic testing, the provider will discuss risks, benefits and limitations.

Any questions regarding personal and/or family history of cancer will be answered, 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. A blood draw is then collected and sent to the laboratory for testing. **Results are available in approximately three 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. The majority of appropriate patients pay $0.

Over the past several years, advances in the field of cancer genetics have given patients the opportunity to determine their predisposition to certain cancers, including breast cancer, to help initiate proper medical management. Although multiple risk factors for breast cancer are known, personal and family history of cancer are key elements impacting cancer risk.

Who should consider having a breast cancer risk assessment?

Personal and/or family history of cancer suggestive of a hereditary syndrome include:

- Breast cancer 45 or younger
- Premenopausal breast cancer
- Male breast cancer
- Ovarian cancer
- Multiple relatives on the same side of the family with breast, ovarian, prostate, colon or pancreatic cancers
- Ashkenazi Jewish heritage
- Rare cancers
- Young age of diagnosis
- Relative with positive results for any hereditary cancer gene

If you have previously tested negative for BRCA1 or BRCA2, you may be a candidate for additional genetic testing. Current testing protocols include panels with more than 28 genes.

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 & 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 63% lifetime risk of ovarian cancer.

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.