



ASL Cancer Genetics

Module Review Video

English Transcript

This program provides a lot of information. The purpose of this module is to review and help you remember important points.

Cancer is common and happens for many different reasons. Most of the time cancer is not inherited in families.

But, some people have a genetic predisposition for cancer. Their cancer risk is higher than most people. People who have a genetic predisposition can pass this on to their children. This increases their children's risk for cancer too.

Cancer screening is important for everyone. It can help find cancer early, even before there are symptoms. It is also important for everyone to pay attention to unusual body changes and to have these checked by a doctor as soon as possible. And it is important to find out if cancer is inherited in your family. This knowledge can lead to earlier detection and earlier treatment, which can save lives.

Breast, ovarian, colon, and uterine cancer are examples of cancers that can be inherited.

Let's review 5 factors that increase risk for inherited cancers

1. Three or more people with cancer on the same side of the family. This can be either on the mother or father's side
2. Presence of related cancers in the family, such as breast and ovarian cancer, or colon and uterine cancer
3. Cancer in two generations on the same side of the family
4. Cancer diagnosed by a doctor before age 50
5. Someone in the family has an unusual cancer

To learn about your family history, you can create a family tree. You can meet with your doctor or a genetic counselor and discuss how to reduce your risk for cancer. You can also discuss different treatment options that are available if you do get cancer.

To create a family tree you should put down the following things

1. Who each family member is
2. Who had cancer
3. What type of cancer they had
4. How old they were when diagnosed with cancer
5. If anyone died, how old they were when they passed away

It can be hard to collect this information. You can send your family an email or Facebook message. You can also ask your parents. Or you can go to a family gathering and ask questions about your family history.

Genetic information is complicated. A genetic counselor can help you understand the information from your family tree and your genetic risk factors. A counselor can help you make decisions that are best for you and your family.

When you meet with a counselor it is important to ask these 5 things

1. Should I get genetic testing? If yes, when?
2. If I have a cancer gene mutation, how can I reduce my risk for cancer?
3. If I don't have a gene mutation, what is my risk for cancer?
4. Who will see my test results? Is it confidential?
5. Will my insurance pay for the test? How much will it cost?

Cancer genetics is a family issue. It affects parents, uncles, aunts, children, brothers, sisters, cousins. It affects everyone in the family.

Genetic counselors work all over the United States. Ask your doctor to refer you to a counselor near your home. You can also look online at www.nsgc.org. Remember, it is important to collect information about your family history. It can lead to early detection and treatment. It can save your life.