

# Why Genetic Counseling?

## Information for patients who have a personal or family history of ovarian cancer.

About 10 to 15% of ovarian cancer is hereditary and passed through families. A genetic counselor can closely examine your personal and family history.

After reviewing this history, he or she may recommend genetic testing for one or more cancer predisposition syndromes, such as Hereditary Breast and Ovarian Cancer syndrome. If you are found to carry a mutation in a gene associated with a cancer predisposition syndrome, **you and your medical team can work together to form a more personalized treatment and management plan.**

### Why should genetic counseling be considered?

**Genetic counseling is recommended for individuals who have a personal and/or family history of one or more of the following:**

1. Epithelial ovarian cancer (specifically serous and mucinous type tumors)
  - Includes fallopian tube and primary peritoneal cancers
2. Rare non-epithelial ovarian cancers such as sex-cord tumors with annular tubules and Sertoli-Leydig tumors

For other types of ovarian cancer, for example borderline ovarian cancer, genetic counseling is not always indicated. Please contact our program to



review your personal and family history to discuss if genetic counseling is appropriate for you.

### How would carrying a gene mutation change things for me?

- For individuals with a family history of ovarian cancer, genetic test results may provide an explanation for the cancer diagnoses in the family, it may help to make informed medical decisions, including surveillance, and preventive options, and qualify you and/or your family members for participation in clinical trials or research studies. **Additionally, individuals with mutations in cancer predisposition genes are often times at an increased risk for other types of cancer and may be candidates for additional surgeries and/or screening.**
- For individuals who are fighting ovarian cancer, genetic test results

can provide an explanation for the cancer diagnosis, it may help to make informed medical decisions, including treatment options (i.e. PARP inhibitors), surveillance, and preventive options, and qualify you for participation in clinical trials or research studies. **Additionally, individuals with mutations in cancer predisposition genes are sometimes at an increased risk for other types of cancer and may be candidates for additional surgeries and/or screening.**

### What would this mean for my family members?

Mutations in genes associated with cancer predisposition syndromes are passed through families. Most of the time, if you are positive for a genetic mutation, your first-degree family members (mother, father, sisters, brothers and/or children) have a 50%

chance of also carrying this mutation. If you are found to be positive for a mutation, a genetic counselor can help you inform your family members about their risk of developing certain cancers. In those that test positive but do not have cancer, preventative action can be taken, reducing their risk of developing cancer. These actions may include more aggressive screening beginning at younger ages and preventative surgeries.

### **Does insurance cover the cost of genetic counseling and genetic testing?**

At Invision Sally Jobe, genetic counseling visits are most often covered by insurance. If indicated, based on personal and/or family history, the genetic counselor may recommend genetic testing. Most insurance companies will cover genetic testing, when certain criteria have been met. A genetic counselor and the laboratory conducting the testing can help you find out if genetic testing is covered by your specific insurance plan and what the out-of-pocket cost would be to you. If you would like to contact your insurance company to check on your coverage for genetic counseling and/or testing, please contact us for the relevant billing code(s).

### **If I test positive for a genetic predisposition syndrome, could this affect the insurability of my children and/or other relatives?**

Genetic information cannot be accessed by anyone, except you and people you authorize to view this information. Furthermore, the Genetic Information and Discrimination Act of 2008 (also known as "GINA"), is a federal law that prohibits insurance companies and employers from discriminating against someone because of their genetic information. Additionally, Colorado law (S.B. 94-058) states that health insurance, group disability insurance and long-term insurance coverage cannot be denied based on genetic information.

#### **Locations**

Invision Sally Jobe offers convenient locations throughout the Denver metro area. Visit [www.invisionsallyjobe.com](http://www.invisionsallyjobe.com) to find the location nearest you.

#### **Why Invision Sally Jobe?**

Every Invision Sally Jobe breast imaging site is a National Quality Measures for Breast Centers® (NQMBC) Certified Quality Breast Center of Excellence™. This designation is awarded to facilities that consistently demonstrate excellence in patient care and adherence to the highest clinical quality standards. Invision Sally Jobe is the only breast network in Denver metro area to earn this distinction.

Invision Sally Jobe is also an American College of Radiology (ACR) Breast Imaging Center of Excellence and fully certified by the FDA.



#### **Resources**

- GINA : Genetic Information Nondiscrimination Act ([ginahelp.org](http://ginahelp.org))
- National Society of Genetic Counselors ([NSGC.org](http://NSGC.org))
- American Cancer Society ([www.cancer.org](http://www.cancer.org))
- Colorado Ovarian Cancer Alliance ([www.colo-ovariancancer.org](http://www.colo-ovariancancer.org))

For more information about our commitment to quality, please visit [www.InvisionSallyJobe.com](http://www.InvisionSallyJobe.com).

**To schedule an appointment, call 720.493.3700.**

For other inquiries, call our Patient Care Coordination line at 720.493.3459 or email [pcc@riaco.com](mailto:pcc@riaco.com).



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