

# Genetic Counseling for Breast Cancer Risk

## Should you consider genetic counseling?

Genetic counseling for breast cancer risk is recommended when one or more of the following apply:

1. A person is diagnosed with breast cancer under the age of 45
2. Breast cancer occurs in someone in the family prior to age 45
3. Breast cancer occurs in more than one person in the family
4. Breast cancer is associated with other cancers in the family, such as ovarian, pancreatic, uterine or thyroid
5. Breast cancer is associated with Ashkenazi Jewish ancestry (Jewish with ancestors from Eastern Europe, usually Germany, Poland, Lithuania, Ukraine and Russia)
6. Breast cancer occurs in a male person in the family

About 5 to 10% of breast 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 (caused by mutations in the BRCA1/2



genes). 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.

## How would carrying a gene mutation change my treatment and management?

Individuals who test positive for certain genetic mutations can take preventive actions to reduce their risk of developing cancer, in some cases by as much as 90 percent. These actions include more aggressive screening beginning at younger ages, preventative surgeries and chemoprevention (taking drugs known to reduce the risk of developing cancer). For women who are fighting breast cancer or who have survived the

disease, genetic test results may change their treatment options and/or their post-treatment screening recommendations, for not only breast cancer but possibly other cancers as well.

## 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.

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

At Invision Sally Jobe, genetic counseling visits are most often covered by insurance. When a genetic counselor or other medical professional recommends genetic testing, insurance covers it in most cases. 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 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))
- Bright Pink ([bebrightpink.org](http://bebrightpink.org))
- FORCE: Facing Our Risk of Cancer Empowered ([facingourrisk.org](http://facingourrisk.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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