

Doctor Discussion Guide: *BRCA* Testing & How It May Help Inform Treatment Options



Do you or someone you love have ovarian, breast, or prostate cancer?

This guide can help you plan which questions to ask your doctor or healthcare team about *BRCA* testing when discussing treatment options for your specific type of cancer.

HELPFUL TIPS

- If you know your family health history, including any history of cancer or *BRCA* or other gene mutations, come prepared to discuss it
- Bring a companion for support and help with taking notes
- Have pen and paper handy or use your phone to take notes and jot down questions
- Ask your doctor if you can record the conversation with your phone or other device so you can revisit it later

EXAMPLE CONVERSATION STARTERS FOR TALKING WITH YOUR HEALTHCARE TEAM

- "I heard that getting a *BRCA* test can help inform my treatment plan. I'm interested in learning more."
- "I know that *BRCA* mutations and/or specific types of cancer run in my family, and if I have a *BRCA* mutation, it can help with choosing a treatment option for me. Can we discuss my options for getting tested?"

QUESTIONS TO ASK

CONSIDERING *BRCA* TESTING

- Am I eligible for *BRCA* mutation testing?
- Do medical experts recommend *BRCA* testing for my type of cancer?
- Does my family history and/or background make me more likely to have a *BRCA* mutation?
- Is *BRCA* the only mutation that should be tested for my type of cancer?
- What biomarkers were included in any tests I've had previously?
- What is the difference between somatic and germline mutations?

BRCA=**BR**east **CA**ncer gene.

UNDERSTANDING TESTING AND TREATMENT

- What does it mean if my test comes back positive or negative?
 - What targeted or maintenance treatment options are available if I have a *BRCA* mutation?
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GETTING A *BRCA* MUTATION TEST

- When should I be tested for *BRCA* mutations?
 - How do I get tested for *BRCA* mutations?
 - What are the different ways *BRCA* testing can be done?
 - Is getting tested for *BRCA* mutations painful?
 - How long will it take to get the test and receive my results?
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FINDING SUPPORT AND RESOURCES

- Will my insurance cover *BRCA* mutation testing?
- Where can I find genetic counseling services and support?
- Are there resources you recommend that can help with cost?

NEXT STEPS

- **Make sure to discuss *BRCA* testing with your doctor. Knowing your *BRCA* status may help identify targeted or maintenance treatments that may be an option for your type of cancer.**
- If you're interested in genetic counseling services, you can find information at <https://www.bebrcaaware.com/resources/genetic-counseling>
- Certain *BRCA* mutations are hereditary, meaning they can be passed down from a parent to family members. If you need support with talking to your family, you can find resources at <https://www.bebrcaaware.com/resources/mutations>

NOTES

Use this section to write down any questions or concerns you may have about *BRCA* mutations, along with anything you may want to remember after your visit.

To learn more about *BRCA* mutations and testing on your cancer journey, visit [beBRCAaware.com](https://www.bebrcaaware.com)



beBRCAaware

