WHAT IS BRCA?

Everyone is born with BRCA1 and BRCA2 genes. Normally, these genes ensure that cancerous cells don’t grow and multiply. However, these genes can be mutated, causing their function to change. Mutated BRCA genes are less likely to have control over cancerous cells, leading to an increased risk of ovarian, breast, prostate, and pancreatic cancer.

Ovarian cancer can be deadly among women and those with a BRCA mutation are at an increased risk of developing this disease. If you have a BRCA1 mutation, you have a 39% chance of developing ovarian cancer by age 70. If you have a BRCA2 mutation, you have an 11% chance of developing ovarian cancer by age 70.

WHY GET TESTED?

If you have cancer:

Knowing your BRCA status can help your health care team plan potential treatment options, such as targeted therapy. It can also help inform others in your family about their own cancer risk. Remember, you can get tested at any time—even after your initial diagnosis.

If you do not have cancer:

Knowing your BRCA status will let you know if you have an increased risk for developing certain cancers. From there, you and your doctor can then decide to screen for cancer more frequently or take preventive action. Finding out that you have a BRCA mutation can also prompt other family members to get tested to see if they are at risk.

Talk to your doctor about getting BRCA tested
YOUR FAMILY COULD BE AT RISK

Because BRCA mutations may be hereditary, they can be passed down to family members regardless of gender. This means that if you have a hereditary BRCA mutation, you inherited it from one of your parents. Detecting a BRCA mutation could help inform other members of your family of their risk for developing cancer.

If you have an inherited BRCA mutation

- Your children have a 50% chance of inheriting the mutation
- Your siblings have a 50% chance of having the mutation
- There’s a 100% chance that one of your parents has the mutation

FILL OUT YOUR FAMILY HISTORY

It’s important to know your family’s history of cancer when you talk to your doctor about genetic testing. Although family history is not the only indicator of a BRCA mutation, it can help guide decisions about being tested.

Fill out the chart below for your next medical appointment.

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<th>Family Member</th>
<th>Type of Cancer</th>
<th>Age at Diagnosis</th>
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BRCA Guide: Navigating Your Journey
QUESTIONS TO ASK YOUR DOCTOR

General information

• What are BRCA mutations?
• Who should get BRCA tested?
• How are men impacted by BRCA mutations?
• What’s the process of getting tested?
• Will my insurance cover testing?

If you have cancer

• How can my BRCA test results influence my treatment options?
• Could my family members have a BRCA mutation?
• How can I talk to my family about getting genetic testing?

If you do not have cancer

• What happens if I do have a BRCA mutation?
• What are the pros and cons of knowing my BRCA status?
• Should my family members get tested if I have a mutation?

TAKE NOTE

Use this space to take notes during your appointment or to write down any additional questions you may have.

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