

How to prepare for your genetic counseling appointment

It is important to come prepared to your genetic counseling appointment with the following table completed to the best of your ability. It is helpful to have as much information as possible in order for the genetic counselor to be confident in the risk estimates. However, the genetic counselor will work with whatever information you are able to provide.

| Family member | Has ever had or currently has cancer? Y (Yes) N (No) | Type or location of the cancer | Age at time of diagnosis | Was treatment given? Y (Yes) N (No) | If treatment was given, what type? Examples: Radiation, chemotherapy | If breast cancer, clarify if it was unilateral (one breast) or bilateral (both breasts) | Developed a second cancer? New cancer or metastasis? | Cancer survivor Y (Yes) N (No) | Ever had genetic testing? Y (Yes) N (No) If yes, please bring report | Ethnic heritage of the family member | Deceased? | If deceased, at what age? | Cause of death? |
|----------------------|--|--------------------------------|--------------------------|---|--|---|--|--------------------------------------|---|--------------------------------------|-----------|---------------------------|-----------------|
| Self | | | | | | | | | | | | | |
| Mother | | | | | | | | | | | | | |
| Father | | | | | | | | | | | | | |
| Maternal grandmother | | | | | | | | | | | | | |
| Maternal grandfather | | | | | | | | | | | | | |
| Paternal grandmother | | | | | | | | | | | | | |
| Paternal grandfather | | | | | | | | | | | | | |
| Sibling 1 | | | | | | | | | | | | | |
| Sibling 2 | | | | | | | | | | | | | |
| Sibling 3 | | | | | | | | | | | | | |
| Maternal aunt | | | | | | | | | | | | | |
| Paternal aunt | | | | | | | | | | | | | |
| Maternal uncle | | | | | | | | | | | | | |
| Paternal uncle | | | | | | | | | | | | | |
| Child 1 | | | | | | | | | | | | | |
| Child 2 | | | | | | | | | | | | | |
| Other: | | | | | | | | | | | | | |
| Other 2: | | | | | | | | | | | | | |
| Other 3: | | | | | | | | | | | | | |

Only approximately 10 percent of all cancers are hereditary. Many different cancers can be related to an inherited gene mutation. The cancers that are most often passed on from one generation to the next are breast, ovarian, colon, uterine, prostate, stomach, pancreatic, melanoma and other rare cancers.