

(Date)

(First Name Last Name)

(Address)

(City, State ZIP Code)

Dear (First name),

Thank you for speaking with us on [(month) (day), (year)]. Based on our conversation and the information you shared with us, we have personally summarized this letter for you. In it, you will find the following information:

1. Why you and your family may be at risk for hereditary breast and ovarian cancer
2. Benefits to cancer genetic risk assessment and the steps to take to get connected with a genetic risk specialist
3. Challenges you may face to getting assessment services
4. How you can take action to manage your and your family's cancer risk

We appreciate your time and are glad to work with you in an effort to help you get a cancer genetic risk assessment. Please feel free to contact our toll free number: 732-xxx-xxxx with questions or concerns.

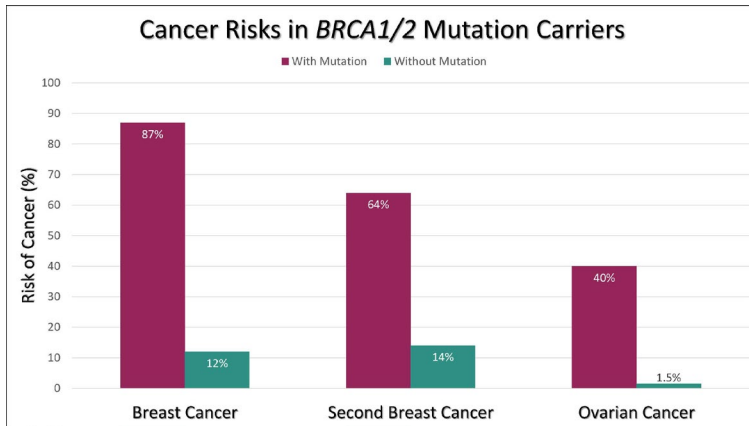
We wish you well,



**Anita Kinney, Ph.D., R.N.**  
GRACE Project Director  
The Rutgers Cancer Institute of  
New Jersey



**Deborah Toppmeyer, MD**  
Chief Medical Officer  
The Rutgers Cancer Institute of  
New Jersey



## 1. Risk is REAL

- The risk of developing breast cancer for people with hereditary breast and ovarian cancer (passed on by BRCA gene mutations) is up to 87%.

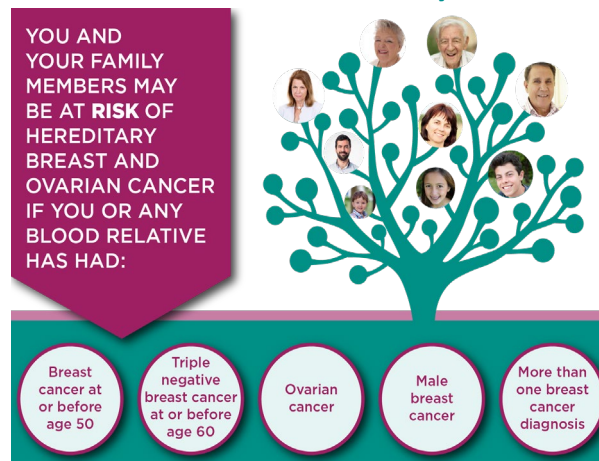
• The risk of developing a 2nd breast cancer is up to 64% for people with hereditary breast and ovarian cancer.

- The risk of developing ovarian cancer is up to 40% for people with hereditary breast and ovarian cancer.

During our conversation, you shared that

- RISK FACTOR 1 [e.g. you were diagnosed with breast cancer at the age of 38].
- RISK FACTOR 2 [e.g. triple negative breast cancer. Triple negative breast cancer is when ...].
- RISK FACTOR 3 [e.g. you were diagnosed with breast cancer more than once]
- RISK FACTOR 4 [e.g. you were diagnosed with ovarian cancer]

Based on the information that you have provided, you are at **increased risk** for hereditary breast and ovarian cancer. Your blood relatives may also be at increased risk.



But there is something you can do!

## 2. Genetic risk assessment can help you and your family make choices about managing your cancer risks.

You mentioned that cancer genetic risk assessment can help you and your family...

- Reported benefit 1
- Reported benefit 2
- Reported benefit 3
- Reported benefit 4

### Meeting with a genetic risk specialist can ALSO help you... (list any items not stated above)

- Get a risk assessment based on personal and family cancer history.
- Learn more about hereditary breast and ovarian cancer.
- Better understand cancer risks of family members, including risk in males.
- Discuss benefits, limitations and risks of genetic testing.
- Decide whether a genetic test is right for you and your family.
- Discuss and help cope with personal risk of second cancers and familial cancer risk.
- Receive recommendations and referrals to help you choose how to manage your and your family's cancer risk.
- If you choose genetic testing, understand how to reduce risk for getting cancer again based on your genetic test results.
- Learn about insurance reimbursement or financial assistance to obtain genetic testing for those who want to have the test.
- Address your and your family's fears and concerns.



### 3. Everyone faces challenges and difficulties.

#### During our conversation you said that

- **BARRIER 1** ["I am afraid of what the results will be..."]. But actually, **BARRIER 1 RESPONSE** [Even though learning you are at high risk and your family members' are at increased risk can be scary, having that information can help you and your relatives evaluate your options and choose appropriate actions].
- **BARRIER 2** ["I'm concerned that I might have a genetic mutation. Does that mean I will lose my insurance coverage?"]. However, **BARRIER 2 RESPONSE** [The Genetic Information Nondiscrimination Act of 2008 protects Americans from being treated unfairly because of differences in their DNA that may affect their health. It prevents discrimination from health insurers and employers].
- **BARRIER 3** ["I'm concerned that I might have a genetic mutation. Does that mean I will lose my insurance coverage?"]. However, **BARRIER 3 RESPONSE** [The Genetic Information Nondiscrimination Act of 2008 protects Americans from being treated unfairly because of differences in their DNA that may affect their health. It prevents discrimination from health insurers and employers].

*Tailored Photo*

*"My genetic risk specialist helped me overcome challenges and now I feel confident that I have a good understanding of my risk and the risk for my son and daughters. I feel sure that I made the right decision to get a cancer genetic risk assessment."*



#### 4. What will be your *first step*?

You said that your first step would be...

- SELF REPORTED STEP 1 [Talk to my family about calling a cancer genetic risk specialist]  
• You said you would be ready to take this step by: \_\_\_\_\_
- SELF REPORTED STEP 2 [Call the XXX clinic and make an appointment]  
• You said you would be ready to take this step by: \_\_\_\_\_
- SELF REPORTED STEP 3  
• You said you would be ready to take this step by: \_\_\_\_\_

#### 5. Take action **TODAY!**

**You can do something to reduce your and your family's risk!**

- **Learn and be informed about hereditary breast and ovarian cancer**
- **Know your risk, help your family, and see a genetic risk specialist**



## The following places offer cancer genetic risk assessment and information in New Jersey:

The LIFE Center at Rutgers Cancer Institute of New Jersey (HOPE Program)	732-235-7110	<a href="http://cinj.org/treatment/life_center">cinj.org/treatment/life_center</a>
Hackensack Meridian Health	551-996-2000	<a href="http://www.meridianhealth.com/service/cancer-care/support-services/genetic-counseling.aspx">http://www.meridianhealth.com/service/cancer-care/support-services/genetic-counseling.aspx</a>
RWJ Barnabas Health	888-724-7173	<a href="http://www.rwjbh.org/treatment-care/genetic-counseling">http://www.rwjbh.org/treatment-care/genetic-counseling</a>
Cooper University Health Care	855-632-2667	<a href="https://www.cooperhealth.org/services/cancer-genetics-program">https://www.cooperhealth.org/services/cancer-genetics-program</a>
Virtua	856-247-7370	<a href="https://www.virtua.org/services/cancer-treatment/genetic-counseling-and-testing-center">https://www.virtua.org/services/cancer-treatment/genetic-counseling-and-testing-center</a>

## National Resources

Informed DNA	800-975-4819	<a href="http://www.informeddna.com">www.informeddna.com</a>
Integrated Genetics	800-255-1616 or 888-816-3862	<a href="http://www.integratedgenetics.com">www.integratedgenetics.com</a>
Invitae	800-436-3037	<a href="http://www.invitae.com">www.invitae.com</a>
Color Genomics	844-352-6567	<a href="http://www.color.com">www.color.com</a>

## Additional General Resources

American Cancer Society	800-227-2345	<a href="http://www.cancer.org">www.cancer.org</a>
Bright Pink	312-787-4412	<a href="http://www.brightpink.org">www.brightpink.org</a>
FORCE Facing Our Risk for Cancer Empowered	866-288-RISK (7475)	<a href="http://www.facingourrisk.org">www.facingourrisk.org</a>

Rutgers, The State University of New Jersey  
195 Little Albany Street  
New Brunswick, NJ 08903-2681

cinj.org  
732-235-2465



A Cancer Center Designated by the  
National Cancer Institute