

Being informed is being empowered.

Below is more information to answer some common questions.

1. How does cancer genetic risk assessment help me and my family?

The information you get when you talk with a cancer genetic risk specialist is specific to you and your family. Genetic risk assessment can tell you more about your and your family's cancer risk and help you make choices about how to prevent cancer. You will also get support through the process.

2. How much does it cost?

Health insurance often covers the cost of genetic risk assessment and testing. The cost of genetic testing can depend on the type of test you get. Places that offer genetic testing sometimes offer low-cost or free testing for people who qualify.

3. Is your genetic information safe?

The Genetic Information Nondiscrimination Act (GINA) protects your genetic information. Employers and health insurance companies cannot discriminate against you based on your genetic information. Genetic information includes genetic test results from you or your family. You can join in research that involves genetic testing without fear of discrimination.

The back of this brochure lists several places where you can get a cancer genetic risk assessment.



Where to get Cancer Genetic Risk Assessment

Contact one of the places listed here to learn more about cancer genetic risk assessment

New Jersey Resources

The LIFE Center at Rutgers Cancer Institute of New Jersey
732-235-7110 • New Brunswick, NJ • cinj.org/treatment/life_center

RWJ Barnabas Health

888-724-7123 • Livingston, NJ • <https://www.rwjbh.org/treatment-care/genetic-counseling/>

Atlantic Health System

973-971-6672 • Morristown, NJ • <https://www.atlantichealth.org/conditions-treatments/genetic-services/cancer-genetic-counseling-screening.html>

Cooper University Health Care

855-632-2667 • Camden, NJ • <https://cooperhealth.org/services/cancer-genetics-program>

Virtua

856-247-7370 • Voorhees, NJ • <https://www.virtua.org/services/cancer-treatment/genetic-counseling-and-testing-center>

Saint Peter's University Hospital

732-745-6659 • New Brunswick, NJ • <https://saintpetersshos.com/Services/Genetics-and-Genomic-Medicine>

Cancer Center at Holy Name Medical Center

201-833-7244 • Teaneck, NJ • <http://www.holynmae.org/GeneticCounseling/index.aspx>

Valley Hospital

201-634-5339 • Paramus, NJ • <https://www.valleyhospitalcancercenter/cancer-services/genetics->

Hunterdon Regional Cancer Center

908-788-2535 • Flemington, NJ • <https://www.hunterdonhealthcare.org/service/cancer-care/familyrisk-assessment->

Capital Health Medical Center Hopewell

609-537-7043 • Pennington, NJ • <https://www.capitalhealth.org/medical-services/breast-cancer>

Hackensack Meridian Health

551-996-2000 • Hackensack, NJ • <http://www.meridianhealth.com/service/cancer-care/support-services/genetic/genetic-counseling.aspx>

AnlantiCare Cancer Care Institute

609-383-6447 • Egg Harbor Township, NJ • <https://www.anlanticare.org/services/cancer-care/>



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GENETIC RISK ASSESSMENT FOR
CANCER EDUCATION AND EMPOWERMENT

Hereditary Breast Cancer and Ovarian Cancer

YOU AND YOUR FAMILY MEMBERS MAY BE AT RISK OF HEREDITARY BREAST AND OVARIAN CANCER IF YOU OR ANY BLOOD RELATIVE HAS HAD:



Breast cancer at or before age 50

Triple negative breast cancer at or before age 60

Ovarian cancer

Male breast cancer

More than one breast cancer diagnosis

There is something you can do!



What is cancer?

Cancer happens when some of the body's cells grow out of control and spread into surrounding tissues.

What is hereditary cancer?

Hereditary cancers are cancers linked to genes that are passed from parent to child. If you or a family member has had breast or ovarian cancer, you may be wondering about the risks for you and your family.

Who is at risk?


Every person has some risk for cancer. But some people carry changed ("mutated") genes that increase their chances of developing cancer.



If you inherited changes to certain genes, such as the BRCA2 genes, your chances for developing breast cancer and ovarian cancer are much higher than average. If your children or other blood relatives have these genes, they are also at greater risk.

Are you or a family member at increased risk?

RISKS FOR HEREDITARY BREAST AND OVARIAN CANCER

UP TO **40%** 
RISK OF OVARIAN CANCER IF YOU CARRY A GENE MUTATION

BREAST CANCER SURVIVORS HAVE UP TO 64% RISK OF A SECOND BREAST CANCER 

ON AVERAGE

1 IN 8 WOMEN 
WILL DEVELOP BREAST CANCER

BUT CAN INCREASE UP TO 9 IN 10 WOMEN


GENETIC MUTATION 

IF YOU CARRY A GENETIC MUTATION

MALES ARE ALSO AT RISK FOR BREAST, PROSTATE, AND OTHER CANCERS 



There is something you can do!

What is cancer genetic risk assessment and how can it help?



You are not alone in your journey to find out more about your cancer risk. Cancer genetic risk assessment is a discussion with a cancer risk specialist about your family's cancer history, your and your family's risk for cancer, and ways to reduce that risk. The cancer risk specialist will give you personalized information to help you decide on the next steps, and they will be there to guide you and help you get the support you need. Cancer genetic risk assessment can help you and your family:

- Learn more about your risk for hereditary breast and ovarian cancer
- Weigh the pros and cons of genetic testing
- Understand your legal protections and privacy rights
- Learn about reimbursement or financial assistance for genetic testing
- Take steps to reduce your risk for cancer
- Make informed choices about your health
- Address your fears and concerns

Cancer genetic risk assessment is also called

- Genetic counseling
- Genetic evaluation
- Hereditary cancer assessment



"My genetic risk specialist explained everything so carefully and made sure I understood every point. Now, I have a good idea of what the risk is for my daughters and my son. I feel confident that I made the right decision to get a cancer genetic risk assessment."

RWJ Barnabas Health

973-450-2000 • Belleville, NJ

973-322-5000 • Livingston, NJ

732-381-4200 • Rahway, NJ

732-222-5200 • Long Branch, NJ 732-363-1900 • Lakewood, NJ

732-557-8000 • Toms River, NJ 609-586-7900 • Hamilton, NJ

Cooper University Health Care

856-673-4912 • Voorhees,

855-632-2667 • Willingboro,

856-536-1810 • Egg Harbor Township

Additional Resources

Hackensack Meridian Health

732-776-4647 • Neptune, NJ •

jerseyshoreuniversitymedicalcenter.com/JSUMC/services/cancercenter/HereditaryCancerRiskProgram.cfm

551-996-5742 • Montclair, NJ • [http://](http://www.mountainsidehosp.com/departments-and-services/cancer-care/dereditary-cancer-risk-assessment/)

www.mountainsidehosp.com/departments-and-services/cancer-care/dereditary-cancer-risk-assessment/

732-530-2225 • Red Bank, NJ • <http://riverviewmedicalcenter.com/RMC/services/cancercenter/Hereditary-Cancer-Risk-Program.cfm>

732-836-4774 • Brick, NJ • [http://](http://www.oceanmedicalcenter.com/OMC/services/cancerprogram/Hereditary-Cancer-Risk-Program.cfm)

www.oceanmedicalcenter.com/OMC/services/cancerprogram/Hereditary-Cancer-Risk-Program.cfm

732-836-4774 • Brick, NJ • [http://](http://www.oceanmedicalcenter.com/OMC/services/cancerprogram/Hereditary-Cancer-Risk-Program.cfm)

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732-836-4774 • Brick, NJ • [http://](http://www.oceanmedicalcenter.com/OMC/services/cancerprogram/Hereditary-Cancer-Risk-Program.cfm)

www.oceanmedicalcenter.com/OMC/services/cancerprogram/Hereditary-Cancer-Risk-Program.cfm

National Resources

Integrated Genetics

800-255-1616 CA (Nationwide) • 888-816-3862 PA

(Nationwide) • integratedgenetics.com

Informed DNA

800-975-4819 • informeddna.com

Invitae

800-436-3037 • invitae.com • San Francisco, CA (Nationwide)

Color Genomics

844-352-6567 • color.com

Cancer Treatment Centers of America

888-847-7403 • cancercenter.com

GenCipher Consulting

609-945-5441 • <https://gencipher.com/> • Princeton, NJ

GeneScreen Counseling

908-766-2800 • <https://www.gene-screen.com/> • Benardsville, NJ

Genome Medical

877-688-0992 • <https://www.genomemedical.com/> • San Francisco, CA (Nationwide)

Southwestern Regional Medical Center

918-286-5000 • cancercenter.com/southwestern • Tulsa, OK

Western Regional Medical Center

623-207-3000 • cancercenter.com/western • Phoenix, AZ Joe

Arrington Cancer Center

806-725-5101 • covenanthealth.org • Lubbock, TX