

Resources

1 - CDC Assessing Risk in Young Patients

https://www.cdc.gov/cancer/breast/young_women/bringyourbrave/health_care_provider_education/risk-assessment-management-strategies/risk-assessment.html

2 - U.S. Preventive Task Force Recommendations for Cancer Screening

https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=P&category%5B%5D=15&type%5B%5D=5&searchterm=

Learn more from Myriad Genetics.

[Video](#) (Click to learn more or visit our WMC website to find it!)

Myriad genetics



Questions for Your Provider

- ✓ Am I a good candidate for testing of hereditary cancer risk?
- ✓ How can I prepare myself to learn the information? *It can lead to emotional distress or stress.*
- ✓ Will the genetic risk information be useful to me, and what will I do with that information next?
- ✓ How much does the test cost?
- ✓ _____
- ✓ _____
- ✓ _____



HEREDITARY & GENETIC CANCER RISK



We can test and predict your risk.

Talk to your provider today to get more information.

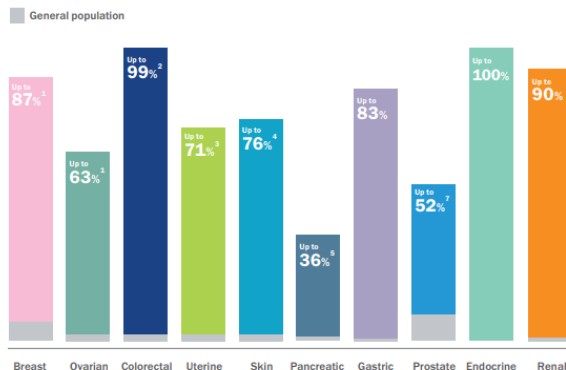
* 303-428-7449 *

www.westminstermedicalclinic.com

Understanding Cancer Risk

Genetics is the study of our genes. Genes are specific parts of our DNA that produce the proteins that make up our body and direct how it works. Variations in our genes determine our unique characteristics. Certain gene variations can cause congenital defects and diseases that usually effect people in childhood. Other gene variations, however, can put you at risk for certain diseases or medical conditions later in life. Of course, having a genetic variation is only a risk factor (increases your likelihood of a disease) but does not guarantee that you will get that disease or condition. We can now test these gene variations and predict your risk for developing certain diseases. By knowing your risk, we can possibly prevent disease or minimize your risk of developing it as you age. *Importantly, if a result is negative, that also does not guarantee that you do not have a genetic variation that leads to cancer, and unable to be found in testing at this time.*

Lifetime cancer risk for people with an identified hereditary cancer risk**



**For the most up-to-date general population and gene-associated cancer risks, refer to the Gene Tables located at myriad.com/gene-table

What is Your Risk?

Do you have a Family history of -

- Breast cancer at age 49 or younger
- Two breast cancers in one relative at any age
- Three or more breast cancers in relatives on the same side of the family at any age
- Ovarian or male breast cancer at any age
- Pancreatic or metastatic prostate cancer at any age (1st-degree relative)*
- Colon, rectal, or uterine cancer at age 49 or younger (1st-degree relative)*
- A gene mutation associated with cancer found in a family member
- Ashkenazi Jewish ancestry with breast cancer at any age

If you checked off any of the above lines, you will likely benefit from testing.

Testing and Results

If you have a personal history of cancer, or interested in testing *without any family or personal history of cancer*, let your provider know!

How can you get started? First, meet with your **Primary Care Provider** to discuss *and sign* an informed consent form that shares risks and benefits of testing for inherited cancer risk. Your Provider will ask you to return to for a visit to discuss the results of in about 3 weeks. When we review the results, in some cases, we can treat diseases you also suffer from today in different ways. An example is are you taking the best medications for your condition. The risk results can help us create a personalized plan to minimize your risk of developing cancer and increase your chances of more longevity.

Costs

Your cost (out-of-pocket cost) varies based on your insurance plan and deductible. WMC will bill your insurance in many cases, or you may pay directly. Testing may not be covered by insurance.

Why? Insurance companies sometimes cover costs of testing if a person has a particular diagnosis or condition, but may not if a current condition or history does not yet exist.

Average Cost of Testing

Commercial (billed to insurance):
Up to \$120

Medicare, Medicare Advantage, and Self-Pay (cash, not billed to insurance):
\$249

Please prepare to receive a bill because Testing may not being covered by your insurance company. With most commercial insurance plans including United Healthcare or Aetna your estimated cost is lower. Anthem BCBS and Cigna plans typically have higher costs due to their coverage rules. If you receive a bill, we encourage you to contact the Myriad Genetics with your questions or to review your payment plan options.

You will receive a notification to process your test with a cost.