

One STEP Ahead of genetic cancers



July | Join us by registering at: ascension.org/GaviniCancer

Is cancer genetic?

Most cancers occur by chance, but sometimes cancer happens because of a gene change or mutation that is passed down in the family, or inherited. An inherited gene mutation can increase the chance of getting cancer.

The following cancers are most commonly connected to hereditary cancer syndrome:

- Breast cancer
- Ovarian cancer
- Colon cancer
- Prostate cancer
- Uterine cancer
- Pancreatic cancer
- Skin cancer
- Thyroid cancer

What is genetic counseling?

Genetic counseling helps determine one's chance of developing cancer. An initial appointment with a genetic counselor usually lasts about 45 minutes and typically includes:

- Reviewing personal history of cancer
- Reviewing family history of cancer and assessing its likelihood of having an inherited cause
- Discussing options for genetic testing

Genetic counseling can help you:

- Learn about your risk of developing cancer
- Decide if genetic testing is right for you
- Understand genetic test results and how they affect your overall health
- Determine whether certain cancer screenings are right for you
- Develop a plan to reduce your chance of getting cancer
- Determine if certain cancer treatment options may be more effective
- Help you communicate risk information to other family members
- Ease anxiety about your cancer risk by becoming more informed

Is genetic counseling covered by health insurance?

Genetic counseling is considered preventive care. It is covered by most health insurance plans, especially when certain features are seen in your family history. A genetic counseling appointment will help determine if you meet your insurance company's requirements for further treatment. Financial assistance to cover the cost of genetic testing is often available for those without health insurance.

Can my insurance company discriminate against me if I have genetic testing?

No. The Genetic Information Nondiscrimination Act (GINA) prevents health insurers and employers from using your genetic information against you, including your genetic test results. We recommend you become familiar with the legal implications of genetic testing.

Who has access to my genetic test results?

Ascension manages your genetic information the same way we handle all patient information — with complete confidentiality. No one will have access to your genetic test results or what was discussed during your genetic counseling appointment without your permission.

Next steps:

- Talk with your insurance company about coverage for genetic testing.
- Schedule an appointment with a genetic counselor by calling **248-849-2781**.
- Register for the July STEP Ahead virtual seminar by scanning the QR code or visiting ascension.org/GaviniCancer.
- For more information, call **248-849-2781**.



Ascension Michigan

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