



## “Cancer Runs in My Family”

*The American College of Obstetrics & Gynecology states, “Hereditary cancer risk assessment should be a part of routine Ob/Gyn practice.” We are the first practice in our community to offer this service.*

Approximately 5-10% of all cancers are hereditary, which means that changes (or mutations) in specific genes are passed from one blood relative to another. Individuals who inherit a gene mutation will have a higher likelihood of developing certain types of cancer within their lifetime.

### **Am I at Risk for Hereditary Cancer?**

In general, people at risk for an inherited form of cancer have experienced or have family members who were diagnosed with:

- Cancer at an early age
- The same type of cancer (eg. breast) in multiple family members
- Two or more different cancers in the same person (eg. breast, colon, uterine, ovarian)
- A rare cancer, such as male breast cancer

Also if you are of Ashkenazi (Eastern European) Jewish ancestry you may also be at increased risk.

If you think you might be at risk for an inherited cancer, check out this brief quiz: [Hereditary Cancer Quiz](#). You should consider scheduling an appointment with us to review your family medical history, talk to you about the role of genetics in cancer, and perform a hereditary cancer risk assessment. We will cover:

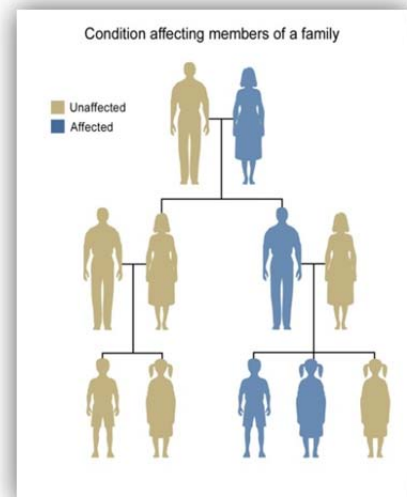
- Your chances of having a genetic mutation
- Determine if personalized genetic testing is needed
- Estimate of your personal cancer risks
- Individualized cancer screening and prevention recommendations

Based on your cancer risk assessment, we may recommend that you undergo genetic testing (covered by many health insurers)—which simply involves obtaining a saliva sample. The results may help determine whether you and family members face higher risks for certain types of cancer. More importantly we can then discuss strategies such as intensive screening, preventative medicine and procedures that may reduce your risk of developing such cancers.

Ignorance is not bliss. Knowledge gives you power to make a positive change for you and your family.

*Wishing you good health!*

Scott Kramer MD, FACOG



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