

DO YOU HAVE A FAMILY HISTORY OF ONE OF THESE CANCERS?

BREAST, OVARIAN, COLORECTAL, ENDOMETRIAL, PANCREAS, PROSTATE, STOMACH OR SKIN CANCERS?

IF SO, YOU MAY QUALIFY FOR A PREVENTATIVE CANCER SCREENING WHICH CAN HELP PREDICT YOUR RISK OF DEVELOPING ONE OR MORE OF THESE CANCERS



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WHAT IS THE PREVENTATIVE CANCER SCREENING?

The Preventative Cancer Screening is the first Comprehensive Cancer Risk Assessment test designed to determine your risk of developing up to 8 cancer types. Armed with this critical genetic information as well as other medical and family facts, you can create a strategy to reduce your risk of developing one or more of these 8 prevalent cancers.

WHAT IS GENETIC TESTING FOR CANCER RISK?

Genetic testing for cancer risk is predictive testing, which means a test that can help predict the likelihood that an individual will develop cancer in his or her lifetime. Not everyone with a cancer-related gene will develop cancer.

- ❖ Genetic testing helps predict the likelihood that a person will develop a disease, including some types of cancer.
- ❖ Genetic testing is a personal decision with many factors to consider.
- ❖ Anyone who decides to undergo genetic testing should receive genetic counseling before and after the test is performed



WHO MAY BE AT RISK FOR DEVELOPING HEREDITARY CANCER?

- ❖ People with a Family history of cancer: Three or more relatives on the same side of the family with the same or related forms of cancer
- ❖ Families with Early onset of Cancer: Two or more relatives diagnosed with cancer at an early age
- ❖ Family members with cancer at multiple sites: Two or more types of cancer occurring in the same relative

WHEN DOES THE AMERICAN SOCIETY OF CLINICAL ONCOLOGY (ASCO) RECOMMEND THAT GENETIC TESTING BE OFFERED?

- ❖ When the person has an individual or family history that suggests a genetic cause of cancer
- ❖ When the test for the genetic condition can be adequately interpreted
- ❖ When the results of the genetic test will help with the diagnosis, treatment, and/or management of the patient and family members at risk for cancer



TAKE CONTROL! KNOWLEDGE IS POWER WHEN IT COMES TO CANCER RISK TESTING AND THE GOOD NEWS IS THAT YOU CAN DO SOMETHING ABOUT IT!

People at a higher risk for cancer may have the option of having more frequent cancer screenings, avoiding specific risk factors, making lifestyle changes to lessen additional risk, taking preventive medication (chemoprevention) or having risk reducing surgeries in order to reduce their risk of developing cancer.

BREAST CANCER

Breast cancer is the most common female cancer, affecting approximately 1 in 8 women in the United States. Approximately 5-10% of breast cancers are hereditary. Hereditary cancers are caused by a mutation in a gene that can be passed on from generation to generation. Women who have an abnormal mutation can have up to an 87% risk of being diagnosed with breast cancer during their lifetimes.

FACTORS THAT MAY INCREASE YOUR RISK OF BREAST CANCER INCLUDE:

- ❖ Family history of breast cancer
- ❖ Genetic mutations
- ❖ Dense breast tissue
- ❖ Early onset of menstrual periods or late menopause
- ❖ History of radiation to the chest area
- ❖ Not having children or having them later in life
- ❖ Postmenopausal hormone therapy
- ❖ Increased Age, Alcohol, Obesity

HOW TO REDUCE RISK OF BREAST CANCER:

- ❖ Frequent Breast Cancer screenings
- ❖ Preventative medications
- ❖ Drink alcohol in moderation, if at all
- ❖ Exercise most days of the week
- ❖ Limit postmenopausal hormone therapy
- ❖ Maintain a healthy weight
- ❖ Risk reducing surgery

OVARIAN CANCER

Ovarian cancer is the ninth most common cancer in women, but it ranks fifth as the cause of cancer death in women. While most ovarian cancer does not run in the family, approximately 10-15% of ovarian cancer is hereditary. Hereditary cancers are caused by a mutation in a gene that can be passed on from generation to generation. Women who have an abnormal mutation can have up to a 44% risk of being diagnosed with ovarian cancer during their lifetimes.

FACTORS THAT MAY INCREASE YOUR RISK OF OVARIAN CANCER INCLUDE:

- ❖ Family history of breast cancer
- ❖ Genetic Mutations
- ❖ A previous cancer diagnosis
- ❖ Increasing age.
- ❖ Never having been pregnant

HOW TO REDUCE RISK OF OVARIAN CANCER:

- ❖ Consider taking Birth Control Pills
- ❖ Preventative Surgery

COLORECTAL CANCER

Colorectal cancer is cancer that starts in either the colon or the rectum. Most colorectal cancer does not run in the family, but approximately 5% of colorectal cancer is hereditary. Hereditary cancers are caused by a mutation in a gene that can be passed on from generation to generation.

FACTORS THAT MAY INCREASE YOUR RISK OF COLON CANCER INCLUDE:

- ❖ Family history of colon cancer
- ❖ Genetic mutations
- ❖ History of colon polyps, ulcerative colitis, Crohn's disease and other diseases
- ❖ Older age (>50), African-American race
- ❖ Low-fiber, high-fat diet.
- ❖ Diabetes, Obesity, Smoking, Alcohol Consumption

HOW TO REDUCE RISK OF COLON CANCER:

- ❖ People with an average risk of colon cancer can consider screening beginning at age 50
- ❖ People with an increased risk, such as those with a family history of colon cancer, should consider screening sooner. African-Americans and American Indians may consider beginning colon cancer screening at age 45
- ❖ Eat a variety of fruits, vegetables and whole grains, drink alcohol in moderation, if at all
- ❖ Stop smoking, Exercise most days of the week, Maintain a healthy weight
- ❖ Various Medications
- ❖ Risk reducing surgery

ENDOMETRIAL CANCER

Endometrial cancer (cancer of the lining of the uterus) is the most common cancer of the female reproductive organs. Approximately 1 in 41 women will develop endometrial cancer. While most endometrial cancer does not run in the family, 1-5% of endometrial cancer is hereditary.

FACTORS THAT MAY INCREASE YOUR RISK OF ENDOMETRIAL CANCER INCLUDE:

- ❖ Family history of uterine or colon cancer
- ❖ Genetic mutations
- ❖ Increasing age
- ❖ Obesity
- ❖ Diabetes
- ❖ Changes in the balance of female hormones in the body
- ❖ Starting menstruation at an early age – before age 12 – or beginning menopause later increases the risk of endometrial cancer
- ❖ Never having been pregnant
- ❖ Hormone Therapy

HOW TO REDUCE RISK OF ENDOMETRIAL CANCER:

- ❖ Talk to your doctor about the risks of hormone therapy after menopause
- ❖ Consider taking birth control pills
- ❖ Maintain a healthy weight
- ❖ Exercise most days of the week

PANCREATIC CANCER

Approximately 1 in 76 people will develop pancreatic cancer in their lifetime. Most pancreatic cancer develops by chance and does not run in families. However, some pancreatic cancers are hereditary. Hereditary cancers are caused by a mutation in a gene that can be passed on from generation to generation and cause up to 10% of Pancreatic Cancers

FACTORS THAT MAY INCREASE YOUR RISK OF PANCREATIC CANCER INCLUDE:

- ❖ Personal or family history of pancreatic cancer
- ❖ Genetic Mutations
- ❖ Smoking
- ❖ Excess body weight
- ❖ Chronic inflammation of the pancreas (pancreatitis)
- ❖ Diabetes
- ❖ African-American race

HOW TO REDUCE RISK OF PANCREATIC CANCER:

- ❖ Stop smoking
- ❖ Maintain a Healthy Weight
- ❖ Choose a Healthy Diet

PROSTATE CANCER

Other than skin cancer, prostate cancer is the most common type of cancer found in American men. Prostate cancer is the second leading cause of death in men. Most cases of prostate cancer develop by chance and do not run in families. However, a portion of prostate cancers are hereditary. Hereditary cancers are caused by a mutation in a gene that can be passed on from generation to generation. Men who have an abnormal gene are as much as 20 times more likely to develop prostate cancer.

FACTORS THAT MAY INCREASE YOUR RISK OF PROSTATE CANCER INCLUDE:

- ❖ Family history of prostate cancer
- ❖ Genetic Mutations
- ❖ Older Age (>65), African American Race, Obesity

HOW TO REDUCE RISK OF PROSTATE CANCER:

- ❖ Choose a healthy diet full of fruits and vegetables
- ❖ Exercise most days of the week. Exercise improves your overall health, helps you
- ❖ Maintain a healthy weight
- ❖ Certain Medications
- ❖ Increased Screenings



GASTRIC CANCER

Gastric cancer (also called stomach cancer) is cancer that starts in the stomach. Most stomach cancers do not run in the family, but some stomach cancers are hereditary and gene abnormalities can significantly increase the risk of one or more types of gastric cancers

FACTORS THAT MAY INCREASE YOUR RISK OF GASTRIC CANCER INCLUDE:

- ❖ Family history of stomach cancer
- ❖ Genetic Mutations
- ❖ A diet high in salty and smoked foods and low in fruits and vegetables
- ❖ Infection with *Helicobacter pylori*
- ❖ Long-term stomach inflammation
- ❖ Smoking
- ❖ Stomach polyps

HOW TO REDUCE RISK OF GASTRIC CANCER:

- ❖ Choose a healthy diet full of fruits and vegetables and reduce amount of salty and smokey foods
- ❖ Exercise most days of the week and maintain a healthy weight
- ❖ Certain Medications
- ❖ Increased Screenings
- ❖ Stop Smoking

SKIN CANCER

Skin cancer is often divided into two categories: non-melanoma and melanoma. Non-melanoma skin cancers are the most common cancers in men and women. There are two types of non-melanoma skin cancer: basal cell carcinoma and squamous cell carcinoma.

FACTORS THAT MAY INCREASE YOUR RISK OF SKIN CANCER INCLUDE:

- ❖ Family history of skin cancer
- ❖ Genetic mutations
- ❖ Exposure to sunlight/UV radiation
- ❖ Fair skin, Moles, Skin lesions
- ❖ History of sunburns or fragile skin

HOW TO REDUCE RISK OF SKIN CANCER:

- ❖ Avoid the sun during the middle of the day
- ❖ Wear sunscreen year-round and protective clothing
- ❖ Avoid tanning beds
- ❖ Be aware of sun-sensitizing medications
- ❖ Vigilant screening

FREQUENTLY ASKED QUESTIONS

WILL THESE TEST RESULTS PREVENT ME FROM GETTING HEALTH INSURANCE IN THE FUTURE?

The Genetic Information Nondiscrimination Act of 2008, also referred to as GINA, is a new federal law that protects Americans from being treated unfairly because of differences in their DNA that may affect their health. The new law prevents discrimination from health insurers and employers. Additionally, the Health Insurance Portability and Accountability Act of 1996 (HIPAA) prohibits discrimination against employees and their dependent family members based on any health factors they may have, including prior medical conditions, previous claims experience, and genetic information.

WHAT IS THE TESTING PROCEDURE?

The breast and ovarian cancer screening test is performed utilizing a simple non-invasive cheek swab test. Your sample, along with a requisition form that is filled out and signed by your physician and a consent form are sent to our lab and results returned to you within 8 days after confirming payment responsibility.

WILL INSURANCE PAY FOR THIS TEST?

Most commercial and federal insurance plans will pay for at least part of the test, if not all of the test. You can contact our lab prior to your test to determine and estimate of your out of pocket responsibilities.

FOR MORE INFORMATION GO TO
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