

Supporting you with
genetics expertise



Hereditary cancer genetic counseling

Genetic information and knowledge is changing rapidly. Understanding your genetic testing choices can be complicated, so it is important to have a trusted source for gaining answers to your questions.

Our genetic counselors work with you and your health care provider to help you understand your hereditary cancer risks and testing options. You may meet with a genetic counselor when you are considering genetic testing, or to discuss the results of genetic testing.

What is a genetic counselor?

A genetic counselor is a **health care professional** specifically trained in medical genetics and counseling who can help you understand if you have an increased risk for hereditary cancer. Genetic counselors are **experts** at evaluating your **personal** medical and family history, identifying your genetic risks, and helping you understand the tests available to you.

At Integrated Genetics, we have a network of approximately 100 board-certified and state-licensed genetic counselors who cover all 50 states and are invested in the health of you and your family. Our commitments to you are three-fold



Connect. We connect with you on an individual level to address your unique genetic concerns and the specific needs of you and your family



Educate. Our objective is to help educate you about your genetic risks and testing options and to answer any questions you may have



Support. We provide the guidance and support you need to feel empowered in your decision making and confident that the decision fits your family

What is hereditary cancer and why might genetic counseling be recommended?

Everyone has a risk to develop cancer and about 40% of Americans will be diagnosed with cancer during their lifetime.¹ Approximately 5 to 10% of all cancer is hereditary, meaning the cancer was caused by an inherited mutation (or a change) in a gene.² Cancers that may be inherited include breast, ovarian, endometrial, colorectal, and pancreatic cancer.

Genetic testing is available to determine whether you have a mutation that increases your risk to develop certain cancers. Based on your personal or family history of cancer, your health care provider may recommend genetic counseling. Hereditary cancer genetic counseling is an appointment with a genetic counselor who will ask questions about your personal and family medical history, review any genetic testing results, explain your risk for hereditary cancer, and discuss the genetic testing options which may be appropriate for you.

What happens during a genetic counseling session?

Every consultation is different based on the individual needs or concerns of you and your family. In certain situations, our genetic counselors will meet with you prior to genetic testing to help you understand your options.

If you have already received genetic testing, your health care provider may recommend a genetic counseling session with Integrated Genetics to explain your test results and help you chart a course for how to use this knowledge. Our genetic counselors will guide and advocate for you as you navigate through potentially emotional or difficult information.

Who could consider hereditary cancer genetic counseling with Integrated Genetics?



Comprehensive genetic counseling*



APPOINTMENT METHOD

Your health care provider may recommend a consultation with an Integrated Genetics genetic counselor.

We offer telegenetic counseling through an audio and video connection in the privacy of your own home.

It's fast and easy to schedule a genetic counseling appointment online at:
www.integratedgenetics.com/genetic-counseling



CONSULTATION

Our genetic counselors will

1. Review the different causes for your cancer concerns
2. Review your personal medical history and take a detailed family history
3. Complete a cancer genetic risk assessment and explain your risk for hereditary cancer
4. Review relevant and appropriate testing options
5. Answer any questions about your risks for hereditary cancer and the benefits and limitations of testing
6. Support your informed decision-making

* We offer translation services for individuals, as needed.



GENETIC TESTING

We work with your health care team to help you understand your genetic testing options, the implications of test results, and any next steps. All tests discussed during the session are optional and all decisions about genetic testing are entirely up to you.



EXPERT REPORTING

After your genetic counseling session, Integrated Genetics sends a detailed summary report to both you and your health care provider.



COST

Integrated Genetics will bill your health plan for the cost of your session. Your health insurance information will be collected and a claim will be sent to your insurance company after the counseling session. Comprehensive genetic counseling is often covered by insurance, however, you will be responsible for any charges that your insurance company does not cover, which may include a co-pay or deductible.



Talk with your health care provider to see if genetic counseling is right for you. If your health care provider recommends genetic counseling, go to www.integratedgenetics.com/genetic-counseling to schedule your appointment, or call 855-GC-CALLS (855.422.2557) for more information.



 **Toll-free**
(within the US)

855.GC.CALLS
(855.422.2557)

www.integratedgenetics.com

GC@integratedgenetics.com



Note: This material is provided for general information purposes only. It is not intended as a substitute for medical advice and/or consultation with a physician or technical expert.

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REFERENCES

1. National Cancer Institute. Cancer stat facts: Cancer at any site. <https://seer.cancer.gov/statfacts/html/all.html>
2. Nagy R, Sweet K, Eng C. Highly penetrant hereditary cancer syndromes. *Oncogene* 2004 Aug 23;23(38):6445-70.
3. American College of Obstetricians and Gynecologists. Hereditary Breast and Ovarian Cancer Syndrome. ACOG Practice Bulletin. No. 182. *Obstet Gynecol.* 2017; Sep;130(3):e-110-e126.



Online scheduling

If your healthcare provider recommends genetic counseling, schedule an appointment time that is convenient for you at www.integratedgenetics.com/genetic-counseling.



Planning for your session

- A family history questionnaire will be sent to you prior to your appointment
- Gather medical history information about your family members, including parents, siblings, aunts, uncles, grandparents and cousins. Ask family members on both your mother's and father's side about any history of cancer
- Collect records of any cancer genetic testing you or your family members may have had in the past