



# Now What? Next Steps

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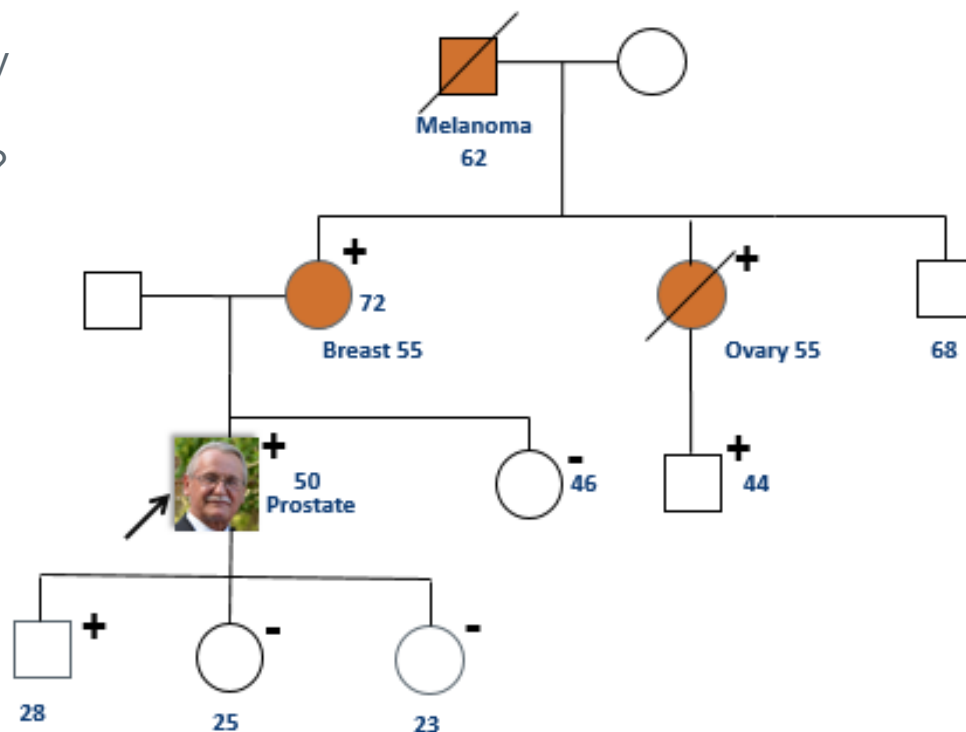
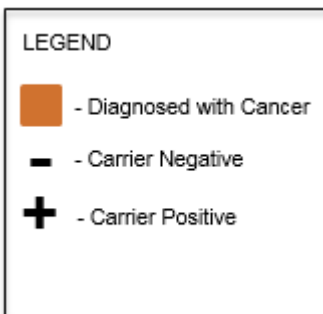


# Next Steps for Genetic Testing in Prostate Cancer

- Gather your cancer family history
- Find “red flags” for genetic testing
- Get educated
- Discuss with your physician
- Decide: yes, no, or not now
- When to test
- Next steps

# Gather Your Cancer Family History

- Look for cancer in both sides of your family, for 3 generations
  - Cancer type
    - Spread to different parts of the body
  - Metastasis
    - Did the person die from the cancer?
  - Age of cancer diagnosis
    - Estimates are OK
    - For example, “Dad had prostate cancer in his 60s. Mom had breast cancer in her 50s
  - Type of treatment
    - Surgery
    - Radiation
    - Chemotherapy or other treatment



- Finding cancer in your family does not mean that the cancer is hereditary



# Look for Key Indicators of Hereditary Cancer Syndromes and Risks in Prostate Cancer

- Personal or Family History of
  - Metastatic prostate cancer
  - Prostate cancer diagnosed at age 60 or younger
  - Male breast cancer
  - Ovarian cancer
  - Breast cancer diagnosed at age 50 or younger
  - Colorectal or endometrial cancer (uterine) diagnosed at age 50 or younger
  - 2 or more family members with prostate, breast, pancreatic, colorectal or endometrial cancer at any age

# Tools to Assess Personal and Family History

- Genetic testing is recommended when there are certain combinations of cancers
- Family history quizzes, questionnaires and tools
  - NASPCC Hereditary Cancer Quiz:  
<https://www.hereditarycancerquiz.com/naspcc>
  - Myriad Genetic Laboratories Resources
    - Family History Tool:  
<https://mysupport360.com/electronic-self-assessment-tools/>
- Discuss with your physician or health care provider your family history and possible indicators
  - Multiple medical specialties are trained and qualified to provide hereditary cancer risk assessment
  - Urologist, Radiation Oncologist, Oncologist, Internist/Family Medicine, Gynecologic Oncologist, Gynecologist, Nurse Practitioners, Physician Assistants



- Quickly identifies your risk in less than 30 seconds
- Available on all devices
- Immediately provides a result when one "red flag" is indicated in your history
- Links to clinical guidelines to support the red flags
- Patient education video for the syndrome indicated

Take the Quiz

## FamilyHistoryTool™

- Helps identify whether you are appropriate for hereditary cancer testing
- Collects a full cancer family history
- Generates a 4-generation pedigree
- Lists all the "red flags" indicated in the family
- Provides a chart summary for both you and your family
- Takes approx. 6 minutes to complete

Get Started

# Get Educated: Hereditary Cancer and Genetic Testing

- National Cancer Institute
  - The genetics of cancer:
    - <https://www.cancer.gov/about-cancer/causes-prevention/genetics>
  - Genetic testing for hereditary cancer syndromes:
    - <https://www.cancer.gov/about-cancer/causes-prevention/genetics>
- American Cancer Society:
  - <https://www.cancer.org/cancer/cancer-causes/genetics.html>
- Myriad Genetic Laboratories
  - <https://prolaris.com/prolaris-for-patients/hereditary-cancer-patients/>
  - <https://mysupport360.com/>
- FORCE
  - Nationwide patient advocacy and support group focusing on hereditary breast, ovarian and related cancers:
    - [http://www.facingourrisk.org/understanding-brca-and-hboc/information/hereditary-cancer/decision\\_making\\_testing/basics/genetic-testing-prostate-cancer.php](http://www.facingourrisk.org/understanding-brca-and-hboc/information/hereditary-cancer/decision_making_testing/basics/genetic-testing-prostate-cancer.php)
- National Institute of Health
  - <https://ghr.nlm.nih.gov/condition/prostate-cancer#>





# Discuss with Health Care Provider

- If you may be an appropriate candidate for genetic testing, talk to your urologist or health care provider
- During the visit
  - Education and informed consent
    - Personal and family history indicators
    - Implications of genetic testing versus not testing
    - Implications of finding or not finding a hereditary gene mutation
    - Impact of results on medical management: immediate and long term
    - Impact of results on family
    - Benefits, limitations, and risks of genetic testing
    - Practical issues: type of genetic test, cost, time and process to receive results



# Decisions

## Yes:

**I want to have genetic testing for hereditary cancer**

- Complete paperwork, obtain specimen (blood or saliva), submit to laboratory
  - Some laboratories provide verification of insurance coverage, pre-test authorization (if needed), financial assistance and payment plans
- Schedule follow-up visit to review results. Results available from most labs in 2-3 weeks

## No:

**I do not want genetic testing for hereditary cancer**

- Be sure you have received and correctly understood all of the education and information before declining.
- Consider referral to genetic counselor for more detailed risk assessment and discussion
- Review family cancer history and discuss decision with physician annually

**Not Now:  
(different than “No”)**

- Genetic testing is available at any time
- If you need time to think about the information or discuss with family, schedule a follow up appointment for 1 month
- Consider referral to genetic counselor for more detailed risk assessment and discussion





# When to Have Genetic Testing

## Genetic Testing May Be Appropriate at Multiple Points in Prostate Cancer Pathway

- Before prostate cancer diagnosis, based only on strong cancer family history
- At diagnosis
  - Is active surveillance an appropriate option based on genetic test results?
- During active surveillance
  - Should the frequency of PSA, DRE, MRI or repeat biopsy be modified based on genetic test results?
- If metastasis occurs
  - Should specific chemotherapies or targeted treatments be considered based on genetic test results?



# Next Steps

- Do you know your personal and family cancer history?
- Do you have personal or family history indicators suspicious for hereditary risk?
- Have you scheduled an appointment to talk with your urologist or health care provider regarding hereditary cancer and genetic testing?
- Do you know the results of your genetic testing?
- Have you and your physician discussed the impact of the genetic test results on your immediate and long term medical management?
- Have you talked to your family regarding the results of the genetic testing?
- **Take the NASPCC Hereditary Cancer Quiz:** <https://www.hereditarycancerquiz.com/naspcc>



## Take this quiz to find out your cancer risk

This brief questionnaire will help you determine whether you should be further evaluated for Hereditary Breast and Ovarian Cancer syndrome, Lynch syndrome, or other hereditary cancers listed below. **On average, the quiz takes less than 1 minute to complete.**

### Did You Know:

- **Genetic testing** can help you determine if you are at increased risk for developing certain types of cancer.
- **28 Genes** are analyzed by Myriad Genetic Laboratories for hereditary cancer risk.
- **Coverage is excellent!** Most insurance companies cover genetic testing at 100%.

