

Clinical Genetics and Genomics Program

CARE Program at Providence

Before or during your recent mammogram appointment, you completed an online questionnaire about your personal and family history of cancer and other risk factors. **Based on your responses, you meet the criteria for genetic counseling to discuss genetic testing for hereditary cancer conditions and to receive an individualized risk assessment.** If you would like to proceed with genetic counseling and/or genetic testing, you have two options:

Walk-In Clinic Hours: Monday – Friday from 9 a.m. – 3:30 p.m.

Today: Visit the walk-in clinic to provide a saliva sample for genetic testing.

- The clinic is located on the *second floor of the Leonard Cancer Institute*. Please check in at the Multidisciplinary Care (MDC) and Genetics Clinic front desk.
- The walk-in clinic provides rapid sample collection for convenient genetic testing that includes coordination and oversight by our licensed, board-certified genetic counselors, as well as expert post-test follow-up.

- The clinic provides the option to undergo genetic counseling after your results are available.

Flexible: Schedule a genetic counseling appointment or return to the walk-in clinic another day.

- Contact us to schedule a genetic counseling appointment at 949-573-9492 ext 4033.
 - Genetic counseling before genetic testing provides the most comprehensive consultation and information when considering genetic testing, and offers an expert post-test follow up.
- Visit the walk-in clinic on another day or contact us to schedule a walk-in appointment so we can ensure we are ready when you arrive.

What if I previously completed genetic testing?

If you have already undergone genetic testing, you may contact our clinic to determine if additional or updated genetic testing is available or recommended. A post-test genetic counseling appointment is a great way to review previous test results and consider additional testing. Post-test genetic counseling supports individuals who would benefit from an expert interpretation of their results with a formal, comprehensive risk assessment.





Cancer & Genetics

Some people have inherited gene changes, called mutations, which cause hereditary cancer syndromes that increase the likelihood of developing certain types of cancer, especially at younger ages. Hereditary cancer syndromes can increase the risk of various types of cancers and can be passed on to future generations.

What is Genetic Testing?

Genetic tests for inherited cancer syndromes (germline testing) are performed by testing blood or saliva. Genetic tests can identify genetic changes, which may define cancer risks within a family, determine cancer risk management and prevention plans, and aid in treatment decisions.

Why have Genetic Testing?

Studies have shown that up to 5 to 15% of people with a personal or family history of cancer will test positive for an inherited mutation. Genetic test results can provide important information to patient care teams for the best risk management and treatment planning.

The identification of an inherited mutation also provides valuable information to family members. Relatives benefit from understanding their own inherited cancer risks for personalized risk management, screening, and cancer-prevention planning.

What is Genetic Counseling?

Genetic counselors are trained healthcare professionals who specialize in medical genetics and counseling. A consultation includes formal mapping of personal and family history, assessment of cancer risk estimates and education about hereditary cancer syndromes. Genetic counselors provide genetic testing and psychosocial support, as well as a discussion of personalized prevention and risk reduction options.

When are Genetic Services Indicated for Personal or Family History of Cancer?

Genetic counseling and consideration of genetic testing may benefit anyone who is interested. Genetic services are recommended for individuals with a personal and/or family history of:

- A cancer diagnosis before the age of 50
- Cancer and Ashkenazi Jewish ancestry
- Multiple primary cancers
- Pancreatic, ovarian, or aggressive/metastatic prostate cancer
- Triple negative breast cancer or breast cancer in both breasts
- Male breast cancer
- Three or more of the same cancer type in relatives from the same side of the family
- A known germline mutation associated with increased cancer risk

Insurance Coverage: Most health insurances cover genetics services for people with a personal and/or family history of cancer, particularly when the patient is likely to have a germline mutation. Genetic laboratories verify insurance coverage, and most patients pay less than \$100 for coinsurance/copay (not including policies with a large remaining deductible). The maximum cost without insurance coverage is \$250. Financial assistance is also available.

Genetic Discrimination: The Genetic Information Nondiscrimination Act (GINA) of 2008 is a federal law that protects people from health insurance eligibility discrimination, including additional costs, and from employment discrimination. GINA does not specify protection from other insurance discrimination, such as life, disability, and long-term care.

For any questions or to schedule an appointment, contact us at:

Providence Mission Hospital - Genetics Program
Leonard Cancer Institute
27799 Medical Center Road Ste 200 Mission Viejo, CA 92691
Phone: 949-573-9492 ext 4033; Fax: 949-365-2271

Located on the second floor of the Leonard Cancer Institute. Check-in at the Specialty, Multidisciplinary, and Genetics Clinic front desk.

For more information, please visit
<https://www.providence.org/SoCalgenetics>

 **Providence**
Mission Hospital

