

# Questions to Ask Your Healthcare Provider

I HAVE NOT HAD A CANCER DIAGNOSIS



As someone who has not had cancer, you may be seeing a healthcare provider for a yearly check-up. Your healthcare provider is your partner to develop a proactive plan to maintain your long-term health, which may include discussing hereditary cancer and whether you may have an increased risk for certain cancers. During your next appointment, use these questions to start a conversation about the possibility of hereditary cancer and whether genetic testing might be appropriate for you.

## QUESTIONS ABOUT HEREDITARY CANCER

1. What are the risk factors for hereditary cancer? Could I have a gene mutation that increases my risk to develop certain cancers?

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2. Should I see a genetic counselor and/or consider genetic testing? Is there a genetic counselor you would recommend?

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3. Could genetic test results impact the way you would look after my health care? What prevention and screening options could be available to me?

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4. What impact could genetic testing have on my family?

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5. Are there lifestyle changes I could make to reduce my risk of developing breast and ovarian cancer? What signs in my body should I be looking for between appointments?

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Learn more about your risk for hereditary cancer by using these tools located on [ambrygen.com/patient](http://ambrygen.com/patient): hereditary cancer risk indicator and family history questionnaire. You can print out the results of these tools and bring them to your next appointment along with this document, to help guide the conversation with your healthcare provider, as you determine if genetic testing is right for you and your family.