

Preparing for a

GENETIC CANCER RISK ASSESSMENT

As part of your care, you may be asked to complete a genetic cancer risk assessment.



The assessment asks many questions about your basic personal information, your family history, your medical history, what screenings you've had in the past and lifestyle habits. Use the following checklist to help prepare.

Family history

- Your ethnic origin on your mother's side and your father's side
- Medical information about your living and deceased biological family
- Details you know about your birth family if you were adopted
- Number and first names of siblings and half-siblings
- Number of nieces and nephews
- Number of sons and daughters you have
- Number and first names of your aunts and uncles
- Number and first names of your first cousins on both parents' sides
- Who has or had cancer, their age and their diagnosis
- Who has died from cancer, their age and their cancer type
- Whether any family members have had genetic testing and those results

Medical history

- Reproductive history – age of first menstrual cycle, pregnancies and births, menopause and hormone replacement therapy
- Chronic conditions and age of onset
- Height and weight
- Cancer diagnoses – types and date of diagnosis
- History of biopsies or risk-reducing surgeries
- Past genetic testing and the results
- Insurance and contact information

Screening information

- Cancer screenings you've had
- Frequency of those screenings
- Outcomes from those screenings
- Details about any abnormalities detected

Lifestyle factors

- Alcohol consumption – number of drinks a week
- Smoking history – number of packs a day
- Exercise routine – how many days per week and minutes per day
- Diet and nutrition – number of servings of fruits and vegetables each day and red meat each week

