

# Know:BRCA

KNOWING YOUR BRCA GENE MUTATION RISK CAN SAVE YOUR LIFE



Dear \_\_\_\_\_

I would like to encourage you to take an online health assessment called **Know:BRCA**. It can help us better understand your risks for specific types of breast and ovarian cancers. While it can be scary to learn about health risks, knowing those risks can help you and me make the best decisions for your health.

While researchers do not yet know the causes of all types of breast and ovarian cancers, we do know that some types – those called hereditary breast and ovarian cancers – are caused by inherited changes (or mutations) in genes called BRCA1 and BRCA2. Hereditary cancers often affect several members in a single family and are diagnosed before age 50.

Women with a BRCA1 or BRCA2 gene mutation face a greatly increased risk of developing breast and ovarian cancers. But, once women know they have a mutation they can take actions to significantly decrease their chances of developing those cancers.

I want to encourage you to visit the **Know:BRCA** website, which was developed by the Centers for Disease Control and Prevention's Division of Cancer Prevention and Control. You can assess your risk for a BRCA1 or BRCA2 gene mutation and share your risk results with me. Together, we can learn about your risk for hereditary breast and ovarian cancers and decide what steps to take next.

Sincerely,

### *Cancer risks for women in the U.S.*

#### *General Population:*

7% will get breast cancer by age 70.  
1% will get ovarian cancer by age 70.

#### *Cancer risks for women with a BRCA1 or BRCA2 gene mutation:*

50% will get breast cancer by age 70.  
30% will get ovarian cancer by age 70.

Source:

<http://www.cdc.gov/features/hereditarycancer/>

Information you will need to enter into the Assessment in order to share your results with me:

*Clinic ID Number*

*Clinic Email Address*

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Visit [www.KnowBRCA.org](http://www.KnowBRCA.org) to complete these steps:



#### 1. GATHER YOUR HISTORY

Gather your family's breast and ovarian cancer history.



#### 2. MAKE YOUR PROFILE

Create a secure online profile to save your information as you go.



#### 3. TAKE THE ASSESSMENT

Input your family cancer history. It takes about 15 minutes if you have all the information ready.



#### 4. GET YOUR RESULTS

Receive confidential results that explain your BRCA gene mutation risk.



#### 5. TALK WITH YOUR DOCTOR

Print your results or share them with your doctor online.

