

Hello Ovarcomers!

My name is Cathy, and I am a Certified Genetic Counselor. My special interest is in Hereditary Cancer Risk Assessment. If you have a family history of cancer, genetic testing can be useful. If you do not have a family history, but have ovarian cancer, genetic testing is still useful and recommended. Have questions? I have created this information sheet for you. If you need Genetic Counseling, please reach out. I am here to help. With love,

Cathy Sullivan, MS, CGC, Certified Genetic Counselor



Need Help? Reach Out to Us.

We recommend you talk to your Healthcare Team about Genetic Counseling & Testing. If you have questions about genetic testing, or not sure where to begin, Cathy is happy to schedule an information session with you as part of our OvarCare Grant Program. Please send us an email at info@ovarcome.org indicating your interest to discuss genetic testing with Cathy, at no charge to you. We are here to help you in this journey of OVARCOMING. Together We **Ovarcome!**

Note: Abiding by the Genetic Counseling licensing guidelines, this service is currently available in the states of: Alaska, Arizona, Colorado, Kansas, Maine, Mississippi, Missouri, Nevada, New York, North Carolina, Rhode Island, South Carolina, Texas, Vermont, West Virginia, Wisconsin and Wyoming.

1

The majority of cancer happens by chance, and it is unknown why the cancer happens. In certain families, we see more cancer than we would expect just by chance alone. Some of these families have a mutation, or change, in their genetic information that increases the chance for them to get specific types of cancers.

2

Only ~20% of ovarian cancers are caused by an underlying genetic mutation. ALL women with ovarian cancer are advised to see a genetic counselor and undergo genetic testing as it directly impacts your treatment as well as the well-being and risk reduction for your family members.

3

Determining whether a hereditary cancer syndrome is running through a family is important for your health care team to create a personalized treatment, management, or screening plan for you and your family members.

A Genetic Counselor will:

1. Review your personal and family history
2. Provide you with information about your risk to have a genetic predisposition
3. Discuss genetic testing options
4. Share how this information could be beneficial to you and your family



OVERCOMING CANCER * CELEBRATING LIFE!