**Hereditary Breast and Ovarian Cancer Syndrome:**

YOUR LOGO HERE

**A Guide for Patients and Their Families**

Hereditary Breast and Ovarian Cancer syndrome (HBOC) is a genetic condition that makes it more likely that a person will get breast, ovarian, and other cancers. HBOC is hereditary, meaning that it is caused by a mutation (genetic change) that can be passed down in families. A genetic test can help determine if your personal or family history of cancer was caused by HBOC. If you are found to have HBOC, you can take steps to help prevent cancer or find it early. To learn whether you are more likely to have HBOC, collect your personal and family history of cancer and share this information with your healthcare provider.

**CAUSES OF HBOC**

HBOC is most often caused by mutations (genetic changes) in the *breast cancer 1*

 (*BRCA1*) and *breast cancer 2* (*BRCA2*)genes. Less common mutations in other genes can also cause HBOC. However, most breast and ovarian cancers are not related to HBOC. In fact, only about 3 of every 100 breast cancers and 10 of every 100 ovarian cancers are caused by *BRCA1* and *BRCA2* mutations.

**FOR MORE INFORMATION**

First, talk with your health care provider. You can also find more information on HBOC at:

Centers for Disease Control and Prevention:

<https://www.cdc.gov/genomics/disease/breast_ovarian_cancer/index.htm>

<http://www.cdc.gov/cancer/breast/young_women/bringyourbrave/hereditary_breast_cancer/index.htm>

National Society of Genetic Counselors: Find a Genetic Counselor Directory

[http://nsgc.org/p/cm/ld/fid=164](http://nsgc.org/p/cm/ld/fid%3D164)

**[ADD STATE RESOURCES]**

**WHY IT IS IMPORTANT TO KNOW ABOUT HBOC**

If you have a *BRCA* mutation, you are much more likely to get certain cancers:

* Up to a 65% risk (about 6 out of 10) for breast cancer by age 70
* Up to a 39% risk (about 4 out of 10) for ovarian cancer by age 70
* Increased risks for other cancers including prostate, pancreatic, and male breast cancers

If you are found to have HBOC, steps can be taken to reduce your cancer risks, including:

* Having earlier, more frequent, and/or additional cancer screenings
* Taking medications that can decrease the risk of cancer
* Undergoing preventive surgery to remove your breasts, ovaries, and fallopian tubes

**SIGNS THAT HBOC MAY RUN IN YOUR FAMILY**

HBOC can be passed down from either side of your family. Let your doctor know if you have a personal or family health history of breast, ovarian, fallopian tube, peritoneal, or other cancer, especially if you or a family member have had any of the following:

* Breast cancer at age 50 or younger in women
* Triple negative\* breast cancer at age 60 or younger in women
* Breast cancer at any age in men
* Ovarian, fallopian tube, or peritoneal cancer
* Cancer in both breasts
* Pancreatic cancer
* Metastatic or high grade prostate cancer
* Breast, ovarian, pancreatic, or prostate cancer among multiple blood relatives
* Ashkenazi (Eastern European) Jewish ancestry
* A known *BRCA* mutation in the family

**GENETIC COUNSELING AND TESTING FOR HBOC**

If you are concerned about your personal or family history of cancer, talk to your doctor. Your doctor may refer you to a genetic counselor or other healthcare professional to discuss the benefits and risks of genetic testing for HBOC. *BRCA* genetic counseling and testing is often, but not always, covered without cost sharing by many health plans under the Affordable Care Act.

It is best if the first person in the family to get genetic testing is one of the family members who has had breast or ovarian cancer. If you or a family member are found to have a *BRCA* mutation, other blood relatives (siblings, children, parents, grandparents, aunts, uncles, and more distantly related family members) could also have this mutation and should consider genetic counseling and testing.