

Cancer Risk Assessment Clinic

Welcome to the Cancer Risk Assessment Clinic. Your doctor referred you to our clinic for genetic counselling due to a personal and/or family history of cancer.

When you come for your appointment you will meet with a genetic counsellor. The appointment is about one hour.

What can genetic counselling tell me?

Most cancers occur by chance, but some cancers can run in families (hereditary).

Genetic counselling involves talking about:

1. your medical history and family history of cancer
2. your chances of getting cancer based on your family history and other risks factors
3. cancer screening (tests to check for cancer)
4. options to lower your cancer risk, including possibly medicine or surgery
5. lifestyle choices you can make to help lower your risk
6. whether you and/or your family may be eligible for genetic testing

What if I do not know all of the details of my family history?

If you have received a family history questionnaire from us, try your best to fill it out with what you know. You may need to speak to your family members to help you. If you do not have all of the answers, that is okay! We will work with what you know.

our family tree



Will I have a blood test at this appointment?

Your genetic counsellor will tell you during your appointment if you will be offered genetic testing. If so, you may be able to go for a blood test that same day. However, you may also choose to think about it first. Not everyone wants to have the blood test and the choice is yours.

The Ministry of Health (OHIP) approves genetic testing for families that meet certain criteria. The genetic counsellor may tell you that you are not eligible for genetic testing. If so, the genetic counsellor will still discuss your chances of getting cancer and ways to reduce your risks.

What is involved in genetic testing?

Most of the time, genetic testing involves a blood test. The blood samples are sent to a lab and it takes up to 3 to 4 months before we know the results. Some genetic tests may be done on body tissue that has been previously removed during surgery.

What if I have a gene mutation that increases my cancer risk?

Try not to worry, the genetic counsellor will:

- discuss your feelings about being tested
- discuss the pros and cons of finding out this information
- provide you with information and support
- provide you with ways to lower your chances of getting cancer

How can I find out more about genetic counselling?

Contact the Cancer Risk Assessment Clinic to be connected to a genetic counsellor. No question is too simple to ask. **Please contact us at 905-521-2100, ext. 64636** and follow the instructions on the phone system accordingly.



Referrals can be sent to – Fax: 905-575-6316

JCC Patient and Family Resource Centre

Located in the main lobby of the Juravinski Cancer Centre (JCC) next to the main entrance, the Patient and Family Resource Centre can provide you with accurate, up-to-date resources. There is a full service lending library as well as information about local support organizations, programs and services for individuals with cancer and their families. Our qualified staff is available to search for specific literature to answer your questions and help you navigate the patient education materials available on our website.

Phone: 905-521-2100, ext. 65109

Email: jccpfrcentre@hhsc.ca

Website: www.jcc.hhsc.ca