JUST ASK!

TM

WHAT DOES IT MEAN TO HAVE A FAMILY HISTORY OF BREAST OR OVARIAN CANCER?

Hereditary breast and ovarian cancer syndrome is an inherited condition that causes an increased risk for breast and ovarian cancer (often before age 50).

Mutations in the *BRCA1* and *BRCA2* genes account for the vast majority of hereditary breast and ovarian cancers. Knowing if you have a BRCA gene mutation can help you to inform your family of their potential risk of hereditary cancer.

IMPORTANT FACTS AND FIGURES ABOUT BRCA MUTATIONS.

- *Women with a BRCA mutation have:*
  - *Up to a 50% risk of developing breast cancer by age 50*
  - *Up to a 87% risk of developing breast cancer by age 70*
  - *Up to a 64% risk of developing a second breast cancer*
  - *Up to a 44% chance of developing ovarian cancer by age 70*
- *Certain BRCA mutations are more common among people of Ashkenazi Jewish descent*
- *BRCA mutations also increase the risk for other cancers in both men and women, including up to a 7% risk for male breast cancer*

THE FIRST STEP TO KNOWING YOUR RISK IS UNDERSTANDING YOUR FAMILY HISTORY.

Complete as much of the chart below as possible. Your answers can help determine if hereditary breast and ovarian cancer runs in your family. Then discuss it with your doctor or another healthcare provider, and alert him or her if you have marked one or more of the boxes below.

	You	*Siblings/ Children*	*Mother's Side*	*Father's Side*
BREAST AND OVARIAN CANCER				
Breast cancer before age 50				
Ovarian cancer at any age				
Breast cancer in both breasts OR multiple primary breast cancers				
Male breast cancer at any age				
Are you of Ashkenazi Jewish descent?				
A previously identified BRCA mutation in the family				

BRAC*Analysis*® TESTING

FOR HEREDITARY BREAST AND OVARIAN CANCER.

BRAC*Analysis* is for individuals at risk for hereditary breast or ovarian cancer.

It is not like a mammogram or other screening tests that are recommended for every woman. If you and your healthcare professional determine that you may be at risk for hereditary breast or ovarian cancer, BRAC*Analysis* is right for you.

WHAT IS BRAC*Analysis* testing?

BRAC*Analysis* does not tell you whether you have cancer, but detects mutations in the *BRCA1* and *BRCA2* genes. These are the gene mutations that are responsible for the vast majority of hereditary breast and ovarian cancer. Only a small blood or oral rinse sample is taken for analysis.

HOW YOU CAN USE BRAC*Analysis* TEST RESULTS.

The BRAC*Analysis* test results may enable you and your family to make more informed choices and help you to be ready against hereditary cancer.
For example:

- *A woman who discovers she has a BRCA mutation can start screening for breast or ovarian cancer when she is younger or choose to reduce her risk of cancer through medication or surgery*
- *A woman already diagnosed with breast or ovarian cancer can take certain steps to help prevent a second cancer*
- *Individuals with a family history of breast or ovarian cancer may want to know whether they carry a mutation that could be passed down to their children*

Knowing your test results can also help your doctor or other providers manage your health care needs more effectively.

Talk with your healthcare provider today about hereditary cancer risk assessment and testing.

KNOWING YOUR RISK

EMPOWERS YOU TO LOWER IT.

BRAC*Analysis*® testing can help you find out your hereditary breast and ovarian cancer risk, so you can manage it before cancer develops. Professional medical organizations recommend the following options:*

INCREASED SURVEILLANCE

BREASTS

- *Monthly breast self-exams starting at age 18*
- *Semiannual clinical breast exams starting at age 25*
- *Annual mammograms and/or MRI (magnetic resonance imaging) starting at age 25 or individualized based on earliest age of onset in family*

OVARIES

- *Semiannual transvaginal ultrasound and a CA-125 test to screen for ovarian cancer starting at age 35 or 5-10 years earlier than the earliest age of first diagnosis of ovarian cancer in the family*

PREVENTIVE DRUG THERAPY

- *Drugs such as tamoxifen or raloxifene can reduce the risk of breast cancer in some high-risk women*
- *Oral contraceptives can significantly reduce the risk of ovarian cancer*

PREVENTIVE SURGERY

- *Preventive removal of the breasts (mastectomy) significantly reduces the risk of breast cancer*
- *Preventive removal of the ovaries and fallopian tubes (salpingo-oophorectomy) significantly reduces the risk of ovarian cancer and may also reduce the risk of breast cancer*

*For reference and supporting data on risk factors and medical management visit www.myriadtests.com/references

FREQUENTLY ASKED QUESTIONS

ABOUT BRAC*Analysis*® TESTING.

What can I expect during the testing process?

If you and your healthcare provider decide BRAC*Analysis* is right for you, a small blood or oral rinse sample is taken. This sample is then shipped directly to Myriad Genetic Laboratories. Results can be obtained from your healthcare provider in about two weeks.

Will my health insurance pay for BRAC*Analysis testing?*

Most insurance carriers cover genetic testing services for hereditary cancer. In fact, the average patient pays less than $100 coinsurance. Myriad helps you receive the appropriate coverage from your plan and be aware of your financial obligations prior to testing.

Can my health insurance coverage be impacted based on the results?

Federal laws (HIPAA and GINA) and most state laws prohibit discrimination regarding eligibility, benefits or premiums based solely on genetic information. Additionally, it is Myriad's policy that test results are disclosed only to the ordering healthcare professional or designee unless the patient consents otherwise.

How can I get more information about hereditary cancer risk assessment and BRAC*Analysis testing?*

Please talk to your healthcare provider. You can also visit our website at www.bracnow.com or call Myriad at 866-BRACNOW (866-272-2669).

THANK YOU FOR YOUR INTEREST

We're pleased to share this important information with you.

Even though breast or ovarian cancer may run in your family, you can reduce your risk. Current research shows that early detection—along with proactive medical care—can help reduce cancer risk. Take a few minutes to learn more by reading this brochure and taking the Be Ready Quiz. Then watch the enclosed DVD, where you'll meet Selma, Rachel, Lisa, and Laurie. You will hear their perspectives on testing for hereditary breast and ovarian cancer (HBOC) syndrome and what actions they felt comfortable taking.

To make it easier for you to share this information with your family, the brochure and Be Ready Quiz are available in an easy downloadable format at the end of the enclosed DVD. You can also view the women's personal stories by visiting our website at www.BRACnow.com.

BE READY TO TALK AND TO TAKE ACTION.

Fold along perforated lines and tear off.

TAKE THE *BE READY QUIZ…*

…BEFORE YOUR NEXT DOCTOR APPOINTMENT

If you check any of these questions, you may benefit from taking the BRAC*Analysis*® test. It can uncover risk factors for hereditary breast and ovarian cancer (HBOC) syndrome.

Consider both your father's and mother's side of the family. Do you have a family or personal history of any of the following:*

- ❑ Breast cancer before age 50?
- ❑ Ovarian cancer at any age?
- ❑ Two primary breast cancers in an individual at any age?
- ❑ Both breast and ovarian cancer in an individual at any age?
- ❑ Breast cancer in a male relative at any age?
- ❑ Two or more breast cancers in the family, one under age 50?
- ❑ Breast or ovarian cancer and Ashkenazi, or eastern European Jewish ancestry?
- ❑ A previously identified BRCA mutation in the family?

If you check one or more boxes, you should discuss your family and personal history with your doctor.

Fold along perforated lines and tear off.

JUST ASK!™

BRAC*Analysis*®

*Assessment criteria based on medical society guidelines. For these individual medical society guidelines go to www.myriadtests.com/guidelines