



LIVING BEYOND  
BREAST CANCER®

FAMILY CONCERNS



## Telling loved ones about your gene mutation

Telling your family how a breast cancer gene mutation impacts their health can be hard. Here are some tips to help you get started.

### 1. Fill out with your doctor to share with your loved ones.

The name of the mutation is \_\_\_\_\_. Being positive for this mutation means \_\_\_\_\_.

If you also have this mutation, you have between a \_\_\_% and \_\_\_% risk of \_\_\_\_\_ over your lifetime. Doctors recommend you be tested for this mutation at or after age \_\_\_\_\_.

### 2. Try these conversation starters to get the discussion going.

*"I just had genetic testing and learned that my breast cancer is linked to a gene mutation we have in our family. It's possible you also carry it and have a higher risk of breast cancer. Would you like to know more?"*

*"I tested positive for a \_\_\_\_\_ mutation. The mutation causes breast cancer, but there are things you could do to help prevent you or your children from developing it. Can I give you more information? You might want to be tested."*

**3. Not every family member will want to get tested, and some may not want to talk to you about what being positive means. If this happens, you can respectfully try these replies:**

*"I respect that. If you decide you want to talk more later, you can always reach out. Just let me know."*

*"I hear you. Would you like me to leave my genetic counselor's contact information? That way if you want to learn more, you can contact them directly."*

**Let our office know if you need more information to share with your family. I'd like more information about:**

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**MY PROVIDER'S CONTACT INFORMATION**

Practice name \_\_\_\_\_

Phone number \_\_\_\_\_

Address \_\_\_\_\_



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