

The Genetic Counseling Program, Mohawk Valley Genetic Services, North Country Genetics Service, and Capital District Adult Genetics Program are programs of the Ferre Institute, Inc.

For more information or to make an appointment for genetic counseling at any of our locations, please call 607-724-4308 or toll free 1-888-483-3773.

Fees for this consultation vary with the degree of case review. The staff would be glad to discuss this prior to your appointment. Sliding scale fee is available.

www.Ferre.org

**GENETIC COUNSELING PROGRAM/
FERRE INSTITUTE, INC.
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NORTH COUNTRY GENETICS SERVICE
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**CAPITAL DISTRICT ADULT GENETICS
PROGRAM**
Albany, NY
Schenectady, NY

Visit us online:

- www.Ferre.org
- www.FerreGenetics.org
- www.GeneticHelpDesk.com
- www.HeartGenes.org
- www.MohawkValleyGene.org
- www.NYSGeneticCounselors.org
- www.ResponsibleGeneticTesting.org
- www.PregnancyRiskNetwork.org

Ferre Institute, Inc.

Comprehensive
Community Based
Genetic Services

*Familial
Cancer Risk
Assessment*

Community Based and Community Supported

How can a genetic counseling session help?

The genetic counselor:

- will provide you and your health care provider with a careful review of family history, personal history, and common risk factors
- discuss the most up-to-date
- understanding of how cancer
- develops and what is presently
- believed to increase the chance of cancer
- review general cancer rates and how these change with age
- use established models to determine a more specific risk figure based on your personal and family history

What is Genetic Counseling?

The purpose of a cancer risk assessment with a genetic counselor is to help a person understand his or her chance to develop cancer. Even for individuals who have already had cancer, this assessment may provide information about the chance for other cancers to develop.

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If an inherited cancer predisposition is suspected, there may be genetic testing options available to you. We will also talk about cancer risk-reduction and surveillance strategies that are appropriate for people known to have inherited cancer risk. This information can help you and your doctor decide the best way for you to monitor your health.

During our meeting we will be talking about your personal and family medical history. We will focus on the members of the family who have had cancer, what types of cancer they had, and how old they were when they were diagnosed. If possible, we will try to review medical records to confirm the exact types of cancer in the family because some forms of cancer may be more suggestive of an inherited predisposition than others.

In some families, we have limited information. When this is the case, we will work with the information that is available.

Usually, the first meeting takes one to two hours, and sometimes we will need to meet again.

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What if I learn that I have a significant chance of having an inherited "cancer gene"?

In this case, the genetic counselor can help guide you and your doctor in determining which "cancer gene" may be responsible. The decision to test for these genes is very complex. Genetic counselors are uniquely trained to help individuals and families carefully examine all the issues surrounding genetic testing.

Genetic counseling does not obligate you to have genetic testing.

What to expect from a cancer genetic counseling session:

- Plan to spend about 2 hours on your first visit
- More than one visit may be necessary
- Feel free to bring a family member or close friend with you for support
- You and your health care provider will be provided with a letter that summarizes the information discussed