



Starting the Conversation with Your General Practitioner or OB/GYN

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KNOW BEFORE YOU GO

The most important thing you can do for your breast/ovarian health is to have a good primary care physician or OB/GYN who you see on a regular basis and who you feel comfortable with. This doctor should know your family history so you can work together to develop a strategy for managing your breast and ovarian health. You may be visiting a new doctor for the first time, or you may have been seeing him or her for a while and have decided you want to spark a discussion with them about your breast and ovarian health. Here's how to get started!

WHAT DO I NEED TO KNOW?

- How do I know if I'm at high risk for breast and/or ovarian cancer? What are the known risk factors?
- What does it mean to be at high risk for breast and ovarian cancer?
- What are signs that I might be at risk for Hereditary Breast and Ovarian Cancer? What does that mean if I am?
- What sort of preventative plan do you recommend for average women? What about women at high risk?
- What does that preventative plan entail? What do I need to do annually or semi-annually? What symptoms do I need to watch for between tests?
- What lifestyle changes could reduce my risk? Where can I learn about other options to lower my risk?

WHAT ARE YOUR RECOMMENDATIONS FOR HIGH-RISK YOUNG WOMEN?

- Based on my family history, what's my projected risk for developing breast or ovarian cancer? How does this compare with the average woman?
- What factors are you using to project my risk? Am I a candidate for genetic testing? Should I consider it?
- Have you treated patients who are at high risk for developing breast and ovarian cancer?
- Have any of your patients tested positive for the BRCA1 or BRCA2 mutations? How familiar are you with these and the other genetic mutations that could increase my risk for developing breast and ovarian cancer?
- Should I see any specialists, such as a genetic counselor, a mental health professional or a gynecologic oncologist? Do you have any you recommend and work with regularly?

This guide was authored in collaboration with Dina Roth Port, author of the book *Previvors: Facing the Breast Cancer Gene and Making Life-Changing Decisions*.

BRIGHT PINK is a national non-profit on a mission to save women's lives from breast and ovarian cancer by empowering them to live proactively at a young age. For more information or to get involved, visit BrightPink.org.



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