

# Talking about Cancer in Your Family Can Keep You and Your Family Healthy



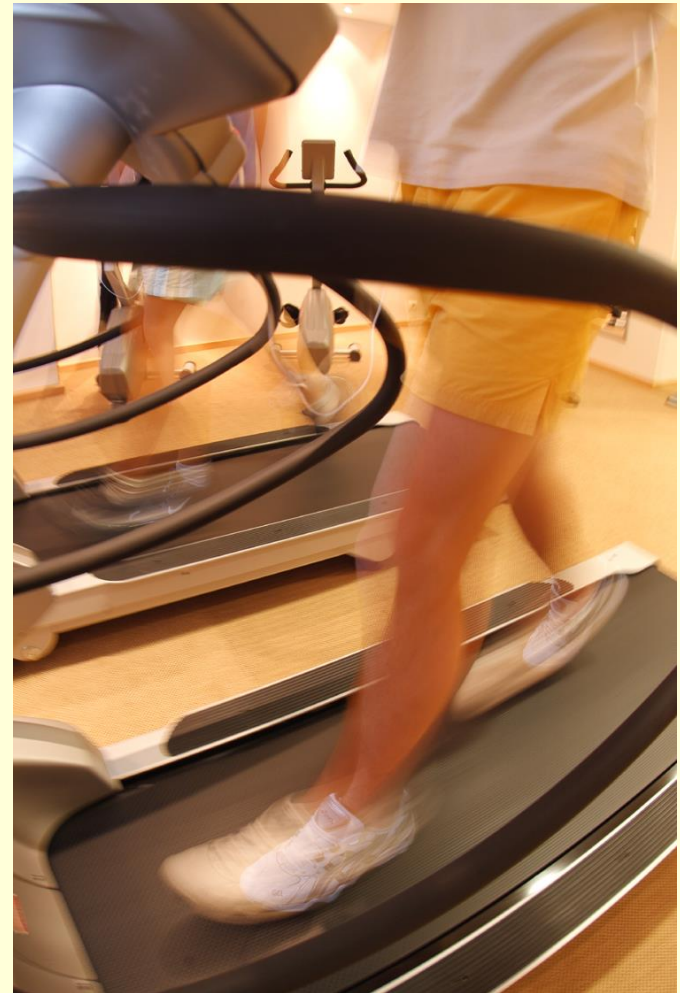
## Do you know your Kin Facts?

A guide for \_\_\_\_\_ and your family

# Did you know ?

**Breast** and **colon**  
cancers are leading  
cancer killers for women

But, **there are steps**  
**you can take to**  
**prevent cancer** or find  
**it early!**



# Did you know ?

Some cancers run in families

Cancer risk can come from mom's side

Cancer risk can also come from dad's side



# Did you know ?

Cancers that run in families:

- May happen at **young** ages
- May **happen more than once** in the same person

These families need special health care



# What is your family history?

*Place the family tree here*

*[If 35 years or older]*

**These are also important for breast cancer**

- Your age now
- Your age at first period
- If you have had a breast biopsy, especially if it was abnormal
- Your race or ethnicity



# Your Risk for Breast Cancer

Your risk in the **next 5 years**  
(out of 100 women):

\_\_\_\_\_

Your risk of **ever** getting  
breast cancer (out of 100  
women):

\_\_\_\_\_



Your lifetime risk of breast cancer is low / moderate / high



# Your chance to have a gene mutation for breast cancer

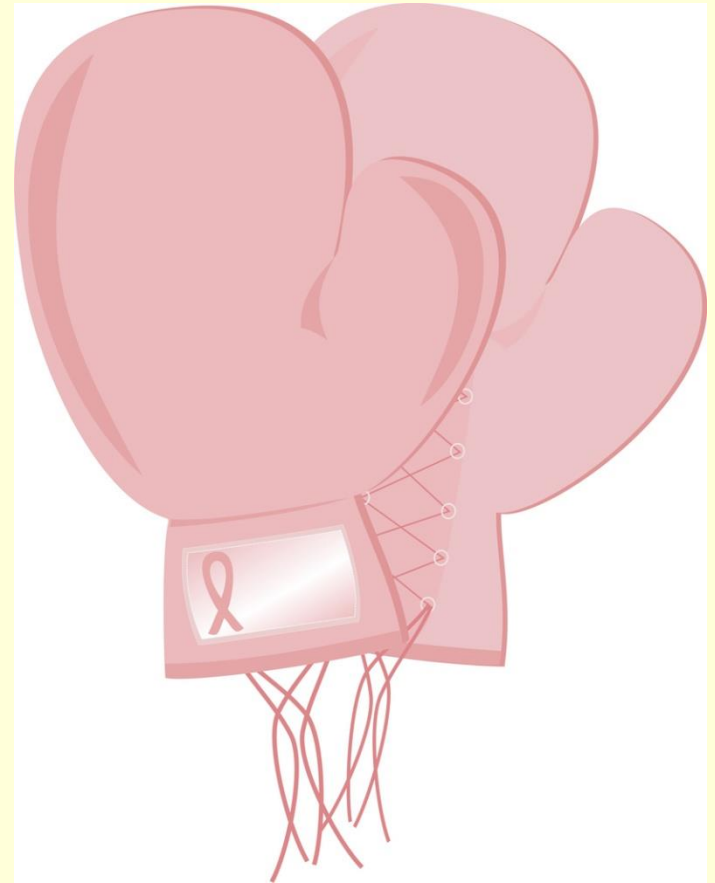


- *BRCA1* and *BRCA2* are two genes linked to high risk for breast cancer.
  - Your chance to have a mutation in *BRCA1* or *BRCA2* is
-



# How You Can Fight Breast Cancer Risk

- Talk with your doctor about having yearly mammograms and clinical breast exams *starting at age \_\_\_\_\_*
- *Talk with your doctor about having a breast MRI with your mammograms*
- *Talk to your doctor about “chemoprevention” like tamoxifen or raloxifene*



# Your Risk for Colon Cancer

Your risk in the **next 5 years**  
(out of 100 women):

\_\_\_\_\_

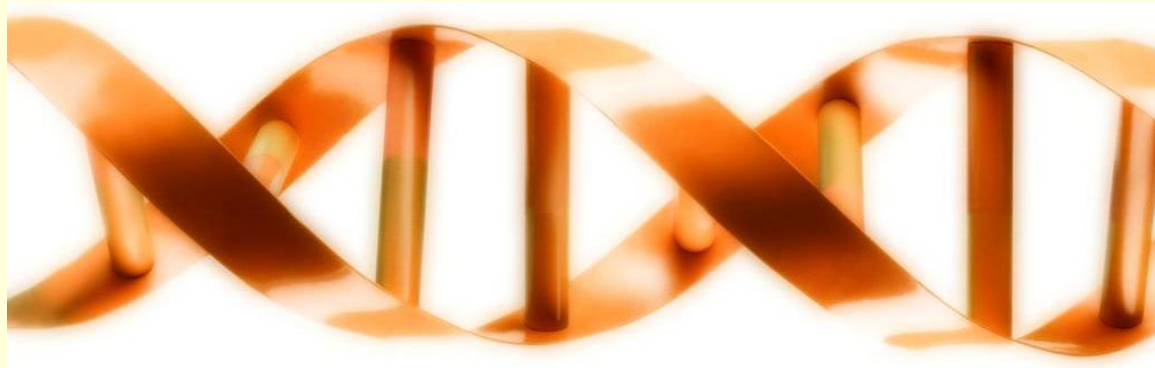
Your risk of **ever** getting  
colon cancer (out of 100  
women):

\_\_\_\_\_



Your lifetime risk of colon cancer is low / moderate / high

# Your chance to have a gene mutation for colon cancer



- *MLH1*, *MSH2*, and *MSH6* are three genes linked to high risk for colon cancer.
  - Your chance to have a mutation in *MLH1*, *MSH2*, or *MSH6*:
-

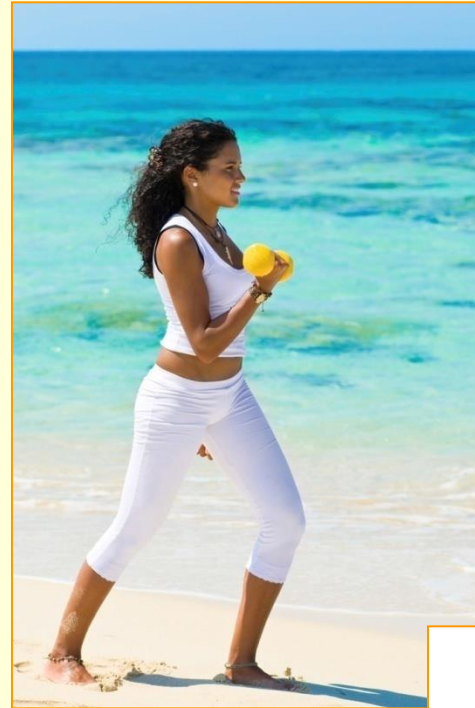
# How You Can Fight Colon Cancer Risk

- Talk to your doctor about having a colonoscopy or sigmoidoscopy *starting at age* \_\_\_\_\_



# What else can you do?

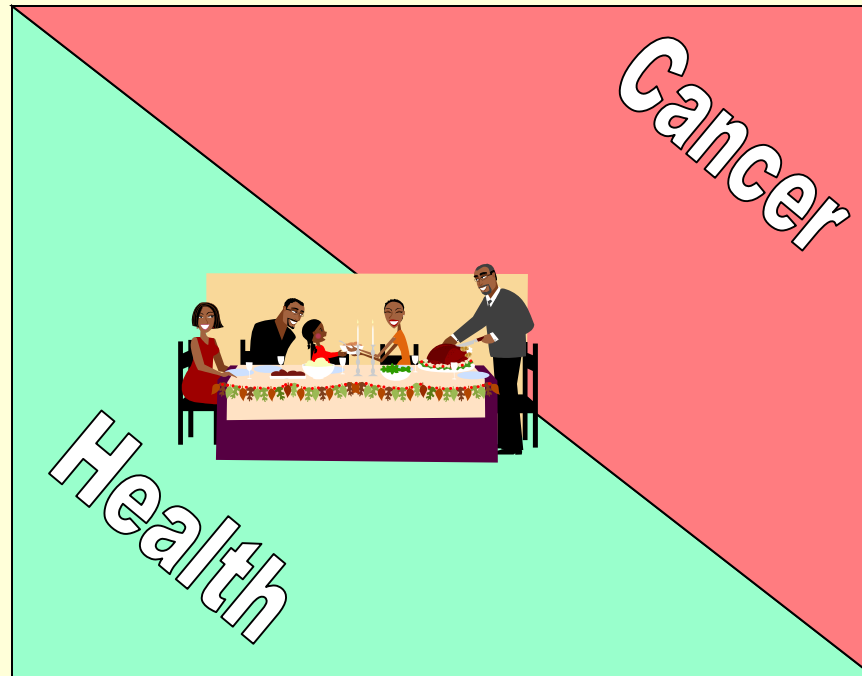
- Exercise
- Stop smoking
- Reduce alcohol
- Eat at least 5 fruits and vegetables every day
- *If chance of mutation >10%, talk with a genetic counselor*
- Talk with your family



# Why do you need to talk with your family?



↑ ENVIRONMENT ↓



← GENES →



# Go Talk to Your Family about...

- Who had cancer?
- What type of cancer?
  - Breast
  - Colon (bowel)
  - Uterine (womb)
  - Ovarian
- What age at diagnosis?





# What is the health and cancer story in your family?

Did men and women both talk openly about health problems?

Did your grandparents talk about their health problems?

Were they afraid to say the word “cancer”?



Does your family take on healthy habits together?

Did anyone in your family have cancer? What was that experience like?

# Be a good communicator

- **Show them you are listening**

- Affirm

- Say, *“Uh, huh”*
- Say, *“I see”*

- Probe

- Say, *“Tell me more”*

- Rephrase what you hear

- Say, *“What I hear you saying is...”*
- Say, *“It sounds like...”*
- Be a mirror



# Be a good communicator

- **Know what your body language is telling them**
  - Nod your head
  - Consider eye contact



# Be a good communicator

- **Focus on the moment**
  - Don't interrupt
  - Try to understand the other person
  - Use your intuition
  - Say, *“Talking about cancer can be hard”*



# Get started

## Who?

- Does your family have a “kin keeper” who knows all about the family health story?

## When?

- Is there a good day of the week to talk?
- A holiday?
- A family reunion?

## How?

- Phone? E-mail?



# Ask

- What do they already know?
  - *“What do you know about our family history of cancer?”*
  - *“What do you know about cancer risk in our family?”*
  - *“What do you know about how to prevent cancer in our family?”*

Can we talk about what I learned from the Kin Fact program about family cancer risk?



# Provide

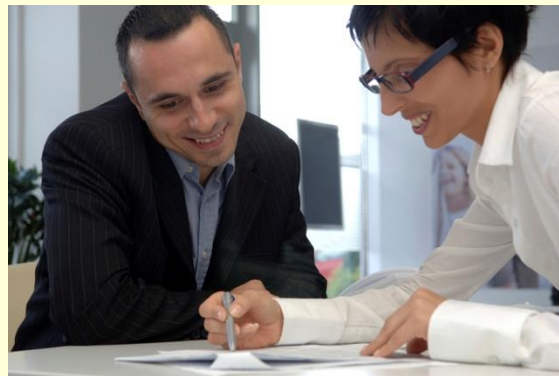
- Show them the family tree
- Say, *“I learned my risks for breast and colon cancer are...”*
  - Say, *“Because we are in the same family, we might have similar risks”*
- Say, *“These are some things we can do to stay healthy”*
  - Exercise
  - Stop smoking
  - Depending on our family history, we may need to:
    - Get a mammogram
    - Get a colonoscopy
    - See a genetic counselor





# Listen and Support

- Ask, *“What else do we know about the family history of cancer?”*
  - **Type** - breast, colon (bowel), ovarian, uterine (womb)
  - **Age** at diagnosis
  - Use the family history chart
- Ask, *“What do we think about all of this?”*



# Make a Plan with your Family Member

- *“Who else do we need to talk to?”*
- *“What else do we need to know?”*
- *“When should we talk about this again?”*
- *“What are we going to do to lower cancer risk?”*



# Follow Up with your Family Member

- *“What else did we find out about the family history?”*
- *“What have we done to prevent cancer?”*
- *“Whom else did we talk to?”*



# What if I can't contact my family?

- Get a cancer pathology report or other medical records from your relative's hospital.
- Get the death certificate.
- Social networking (like Facebook)
- A friend who might know more



# Remember Your Kin Facts

- Families share genes and environments that can lead to breast and colon cancers
- Your family can reduce their risks
- Talk with your relatives about the family cancer story and how to stay healthy

