

# Post-Test Genetic Counseling Visual Aids

[These materials were shown to members of *p16* families in the University of Utah BRIGHT Project in the session in which genetic test results were provided. Pre-test genetic counseling visual aids shown to members of these families may be found in a separate file in these supplementary materials. Please refer to the Bright Project Genetic Counseling Protocol Summary, also in these supplementary materials, for more information.]

# Family Tree

*The patient's personal family tree will be drawn out on this slide. The genetic counselor will review the family history for accuracy and to determine the patient's experience with melanoma in the family.*

# Approximate Lifetime Cancer Risk

Type of Cancer	General Population Risk of Melanoma with No Family History	Family History of Melanoma and <u>Negative</u> for a <i>p16</i> Gene Mutation	Family History of Melanoma and <u>Positive</u> for a <i>p16</i> Gene Mutation
Melanoma	1 in 100	2 in 100	70 in 100
Pancreas	1 in 100	1 in 100	17 in 100

# Taking Charge of Your Melanoma Risk

- Even people at high risk for melanoma may lower their risk by limiting UV exposure.
- You can manage your risk for melanoma through:
  - Screening
  - Protection

# Screening: Dermatologist Exam

- Every year have a dermatologist do a total body skin exam.
- The dermatologist will examine your skin from the top of your scalp to the bottom of your feet.

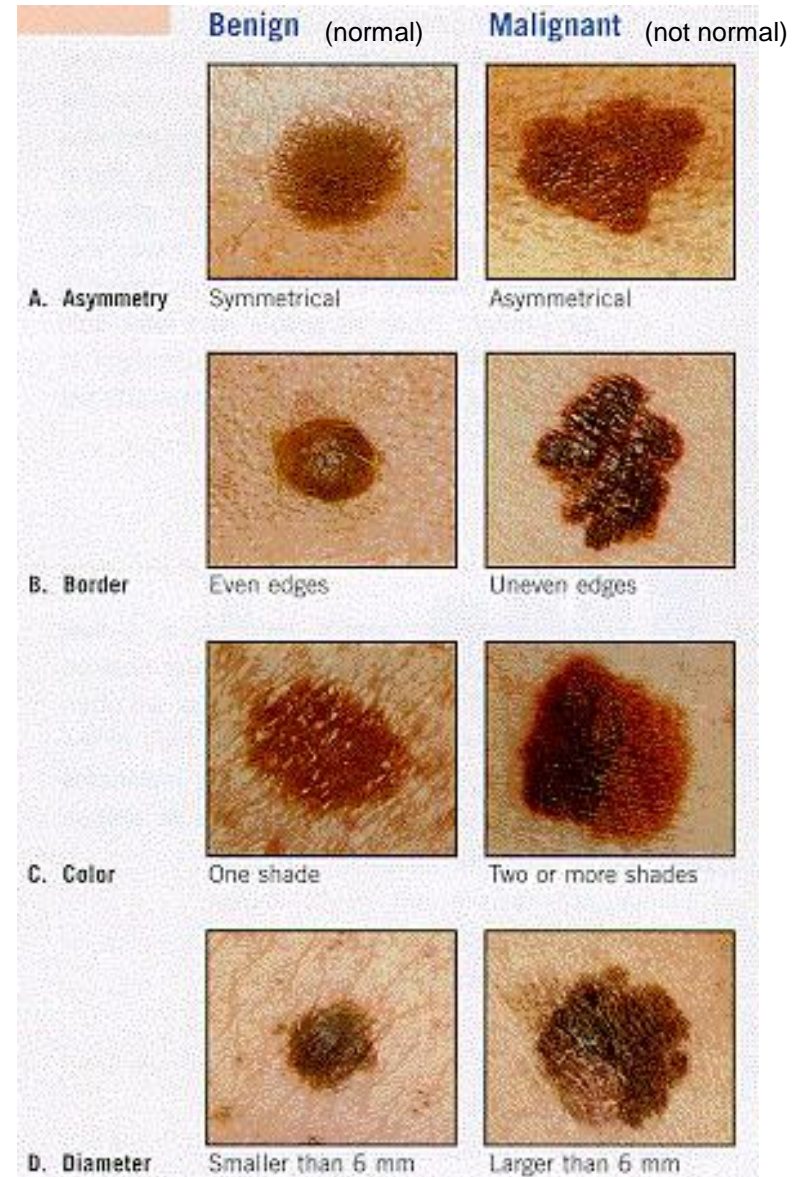


# Screening: Skin Self-Examinations

- Examining your own skin
  - Most melanomas are found by individuals or their partners.
  - You are more likely to detect melanomas at an earlier, more curable stage by checking your skin monthly.

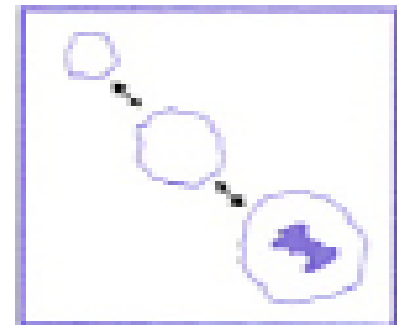
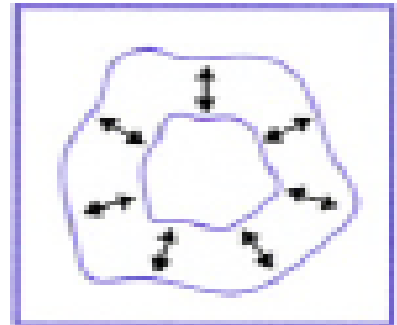
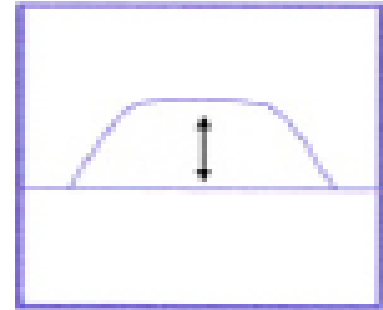
# Screening: Skin Self-Examinations

- Tips for examining your own skin:
  - Perform **once a month**.  
*No more. No less.*
  - Work with a partner.
  - Use pictures to help you track the appearance of moles over time.
  - Use a mirror to help you see all of your skin.
  - Look for ABCD and E...



# Screening: Evolving (Changing) Moles

- Be aware of moles that:
  - Appear where none have been before
  - Disappear
  - Change in any of the following:
    - Size (bigger or smaller)
    - Shape
    - Color
  - Itch, bleed, or are tender





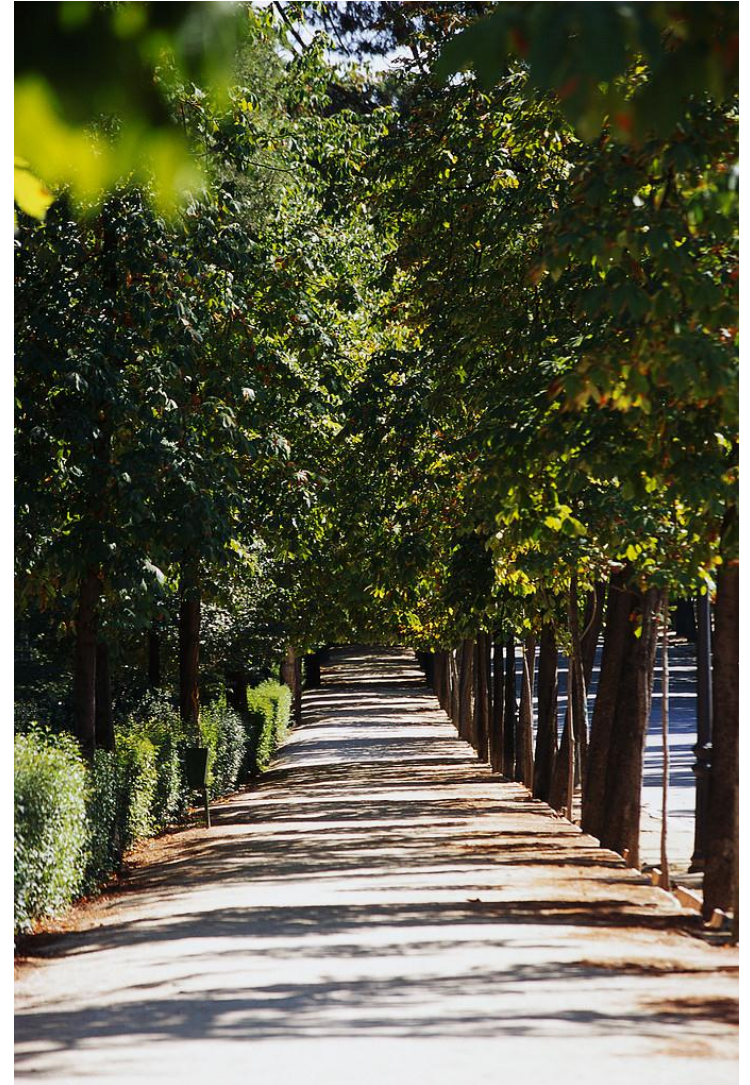
# Protection: Clothing

- Wear protective clothing:
  - Wide-brimmed hats
  - UV protective sunglasses
  - Specially treated UV protective clothing
  - SunGuard



# Protection: Avoid the Sun

- Avoid sun exposure
  - Stay in the shade
  - Avoid sun exposure between 10:00 a.m. to 4:00 p.m., when the sun is at its strongest



# Protection: Sunblock

- Sunblock
  - Use every time you go outside
    - Use SPF 30 or higher
    - Look for products containing at least **5% zinc oxide or titanium dioxide**
  - Apply to all sun-exposed areas
  - Apply two coats
  - Reapply often
    - Every 2 hours
    - Every 30 minutes if in water or sweating



# Common Myths Unraveled

Myth: I should wait until I am burned before applying sunscreen.

**Fact: The best time to apply sunscreen is 30 minutes before going out into the sun.**

Myth: A base tan at the beginning of summer helps me protect my skin all year.

**Fact: There is no such thing as a healthy tan. Tanned skin does not protect you from UV radiation.**

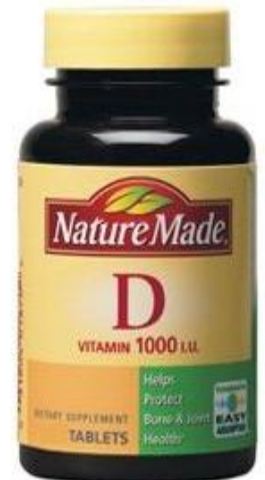
Myth: If I am outside for only a few minutes, I don't need to protect myself from the sun.

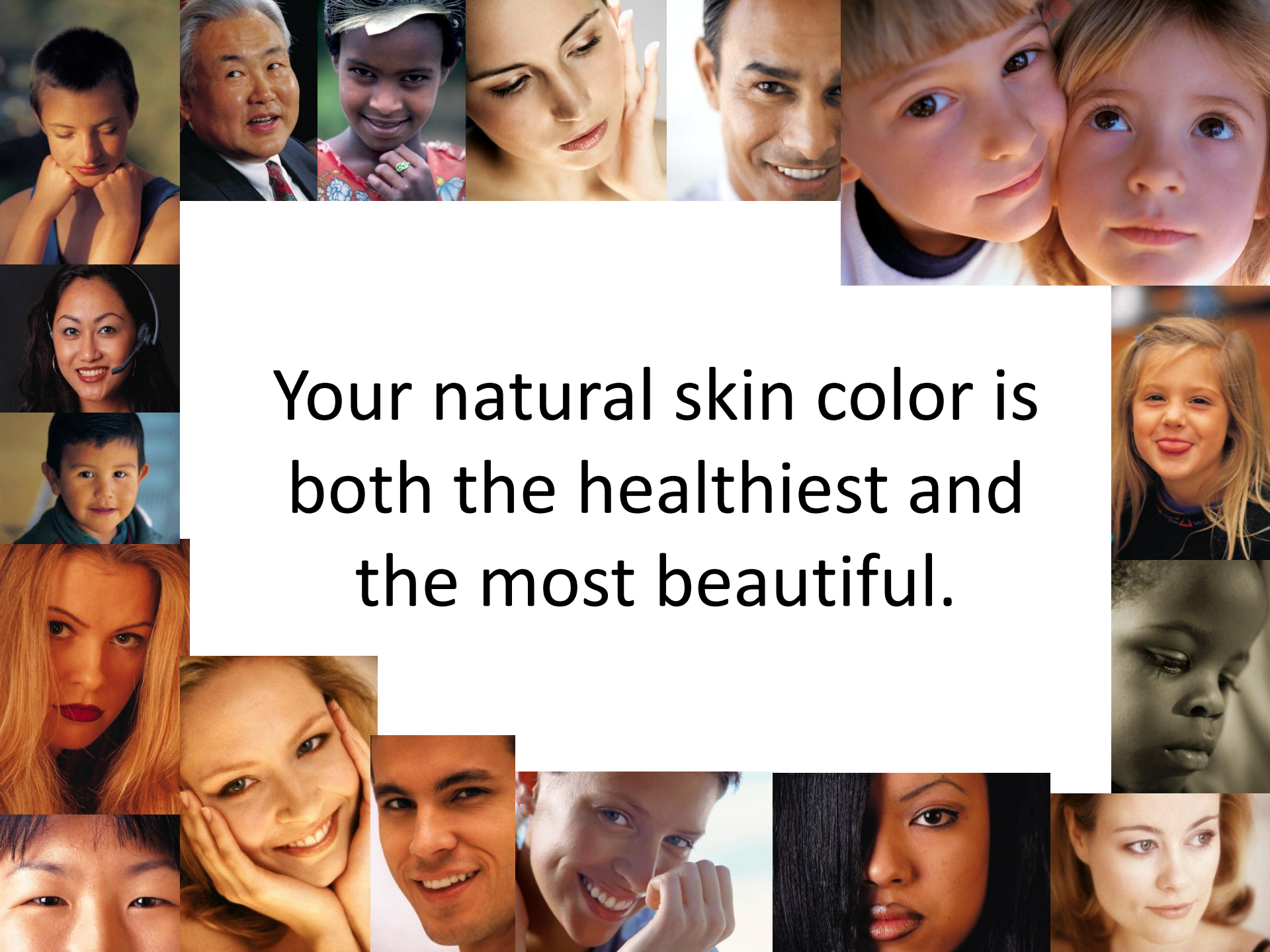
**Fact: Any amount of unprotected exposure to the sun can increase your risk of melanoma.**

# Common Myths (cont.)

Myth: Being in the sun for 15 minutes a day is a good way to increase my Vitamin D levels.

**Fact: There are other, safer, ways to get Vitamin D that will not increase your risk for melanoma. These include eating foods that are a good source of Vitamin D. You can also talk to your doctor about taking an oral Vitamin D<sub>3</sub> supplement (without calcium).**





Your natural skin color is  
both the healthiest and  
the most beautiful.

# Pancreatic Cancer Screening

- Avoid risk factors such as smoking.
- Be alert to changes in your health, such as getting diabetes.
- Consider screening beginning at age 50
  - Imaging of the pancreas
    - Endoscopic ultrasound
    - Detailed MRI of the pancreas (also called MRCP)
  - Blood work to look for tumor markers (CA19-9)

We encourage you to do what works for you. Remember that you have many tools that you can use to help take charge of your melanoma risk!