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## APRIL 19 WEBINAR: DEMYSTIFYING GENETIC TESTING

During this webinar, Emma Keel discussed how genetic testing works, when it is typically used, and why it's done for cancer risk.

Read about the webinar **Q&A Highlights** and **Genetic Testing 101!**



## Q&A HIGHLIGHTS

### ***Is there an increased risk if someone on my mother's and father's side had the same type of cancer?***

There is a higher risk if you have two first-degree relatives with the same type of cancer vs. one (e.g., mom and sister with breast cancer vs. mom).

Two first-degree relatives from *different sides* of the family may elevate your risk when compared to one first-degree relative, but NOT more than two first-degree relatives on *the same side* of the family

### ***Are there specific symptoms associated with Lynch Syndrome?***

No; patients with Lynch Syndrome present with symptoms due to the associated cancer. It is possible to have Lynch Syndrome with no signs.

### ***Is it preferred to delay genetic testing by age?***

Not necessarily; genetic testing depends on the disease in question. For example, testing for Lynch Syndrome starts at 25-35 years of age.

### ***Does diet affect genetic testing? Do I need to fast?***

For the saliva test, you are requested not to eat or drink an hour before sample collection. Otherwise, there is no fasting or diet requirement needed for genetic testing.

### ***What are the repercussions regarding life insurance and genetic testing?***

Anecdotally, life insurance should not deny coverage based on genetic testing results. One is more likely to have coverage issues over pre-existing conditions rather than genetic predispositions.

## GENETIC TESTING 101



Genes are inherited DNA sequences needed to make proteins for the body.

"Spelling errors" or genetic mutations may lead to increase cancer risk. Such genes are known as **family cancer syndromes**.

An example of a family cancer syndrome is **Lynch Syndrome**.



Lynch Syndrome, also known as hereditary non-polyposis colorectal cancer, is **the most common cause of hereditary colorectal cancer**.

It is estimated that one in every 300 individuals has this syndrome.

Cancers due to family cancer syndrome tend to be more aggressive, occur at a younger age, and affect multiple family members across generations.



If you're concerned that cancer may run in your family, it is important to **collect your family health history and share this information with your doctor**.