

Cancer Genetic Counseling: Telehealth Service

What is the Telehealth Service?

Telehealth Service lets you see and talk with a cancer genetics specialist through a video connection. This service gives you access to cancer risk evaluation and genetic testing services at other locations without needing to travel.

A health care provider at your clinic can help schedule the appointment.

What is Cancer Genetic Counseling?

If you or a close relative has had cancer, you may be concerned about your risk for a future cancer and what you can do to reduce that risk. A close relative is a parent, brother, sister, child, aunt, uncle, niece, nephew or grandparent.

You may wonder if your children or other relatives are at risk. You may also wonder if genetic testing is right for you.

Genetic counseling can help answer your questions.

A genetic counselor is a nationally certified health care provider who can:

- interpret complex family histories
- educate about cancers that run in families (known as inherited or genetic cancer)
- talk about cancer risks, screening and prevention for you and your family
- help patients and families make informed decisions about genetic testing and help interpret test results.

Is Cancer Genetic Counseling Right for You?

Genetic counseling may be right for you if you **or** a close relative had any of these:

- breast cancer at age 45 to 50 or younger
- breast cancer at any age with Jewish ancestry
- ovarian cancer at any age
- colorectal cancer at younger than age 50
- any rare type of cancer
- similar types of cancer in many relatives (in either your mother's family or father's family)
- more than 10 precancerous colon polyps during your lifetime
- more than one type of cancer.

If you or any of your family have or had any of the above, or if you are concerned about your cancer risk, talk with your health care provider about genetic counseling.

What is Genetic Testing?

Not everyone with a personal or family history of cancer will benefit from a genetic test. Meeting with a genetic counselor does **not mean** that you will have a genetic test. You **may** learn more about the testing options and if they are right for you.

(over)

Not all genes linked to cancer risk have been identified. Before you have a genetic test, you want to know:

- that the correct test is being done
- how valid the test results are
- what your next steps are when you receive the results (positive or negative).

A genetic counselor will help answer these questions and help you make decisions that are right for you.

How Do You Take a Genetic Test?

Genetic testing is usually done with a blood test.

These tests are usually covered by insurance. Your genetic counselor will help you with this.

Will You Have to Run the Equipment During the Telehealth?

A staff person at your clinic will set up the equipment and make sure the connection is made with the genetic counselor. They will control moving the equipment.

You will not need to touch the equipment.

What Happens During the Telehealth Visit?

You and the genetic counselor will be able to hear, see and talk to each other, just like you are face-to-face.

How Does the Clinic Visit End?

The genetic counselor will sum up the visit, give you recommendations for your next steps, and answer your questions.

The genetic counselor will send a summary of the visit to the health care provider who referred you. You will receive a copy.

How is This Service Billed?

There is no fee from the genetic counselor.

There may be a fee for the nurse's time at your clinic. Check with your insurance provider to see if your insurance will cover this service.

How Do You Schedule an Appointment?

To schedule an appointment and get a list of locations, please call 612-863-0200.

For more information about genetic counseling, visit allinahealth.org/cancer. Select *About us* in the left column and click on *Genetic counseling*.