

Questions about your family history risk



**These questions let you explore patterns in your family cancer history.
You can use this tool to discuss your risk with your GP**

What to ask:

1. Have any of your blood relatives had cancer? The more close blood relatives who have developed cancer, especially at a younger age, the more likely the cancer is due to an inherited gene fault.
2. What types of cancer were they? Breast, ovarian or bowel cancers are more likely to be due to an inherited gene fault.
3. How old were they when they developed cancer? The younger people were when they developed these cancers, the more likely it is to be due to hereditary factors. Before 40 is considered 'early' and places a person/family at high risk for the development of breast and ovarian cancer.

How to ask:

- Talk to a relative or relatives you feel comfortable with and ask with sensitivity.
- Respect their wishes if they don't wish to discuss this or if they feel uncomfortable discussing health matters. You may still be able to gather partial information from other family members.
- Write the information down. You can add to your list as new information is found. You can use our Family Health Tree if you wish.
- Don't forget to ask the men in your family, as they can be carriers of the gene mutation as well and may be at risk for breast and prostate cancer.
- Don't worry if your list is incomplete. It may not be possible to contact or learn about all family members or find out information about their cancer history. It's still worth recording everything you can as this information will be of benefit to future generations in your family

Further information and additional resources can be found on our website
www.pinkhope.org.au

**pink
hope**