How should I use this worksheet?

The first step in learning your risk for a BRCA gene mutation is to collect your family’s history of breast and ovarian cancers. This worksheet will help you gather the needed information. While you do not need to know every family members’ cancer history, the more accurate your family cancer history information is, the more accurate your risk assessment will be.

1. Talk to your family members to find out if any of them have had breast or ovarian cancer.
2. Write down what you learn on this worksheet. There is room for two family members’ information per page. Please print as many of these pages as you need to cover all of your family members.
3. If you do not know some, or any, information for a particular family member, you can leave it blank. Estimating dates of birth or death is okay, but this can cause the assessment to be less accurate.
4. Once the worksheet is complete, use it to enter your family cancer history into the Know:BRCA website.

How should I approach this topic with my family?

• Explain your purpose. Let your family members know that you are trying to create a record of your family’s cancer history so that you can assess your risk for hereditary breast and ovarian cancer.

• Provide several ways for your family to respond. Let your family members answer you in the format they prefer. This might be face-to-face or by phone, mail, or email.

• Word your questions carefully. Begin by asking your family members what they know about cancer in the family in general. Ask personal health questions later, and keep your questions short and to the point.

• Be a good listener. Let your relatives speak without interruption. Do not make judgments or comments.

• Respect the privacy of others. Understand that some relatives may not want to share health information with you or they may not want you to pass the information on to others.
Besides talking to relatives, is there anywhere else I can get this information?

Some of this information may be available in:

- Obituaries
- Birth or death certificates (these may be publicly available in county record offices)
- Web searches, including online genealogy databases
- Family trees
- Records at churches or places of worship

What if I can’t find out my biological family members’ medical history?

Know:BRCA calculates your chances of having a BRCA1 or BRCA2 gene mutation based on your biological family’s cancer history. If you do not have access to any of your biological family’s cancer history, the Know:BRCA assessment is not for you.

Instead, we encourage you to talk to your doctor about other options for learning your cancer risk and read the Learn the Facts section of the Know:BRCA website for more general breast and ovarian health information.

Keep in mind....

- If family members tell you about other diseases they have had besides breast or ovarian cancer, you may want to note this information and share it with your doctor. It can help your doctor know your risk for those diseases.
- Know that men can get breast cancer, too. Even though breast cancer in men is rare, you should still ask male family members about this type of cancer.
<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
<th>Gender</th>
<th>Ashkenazi Jewish Descent</th>
<th>Ethnicity</th>
<th>Deceased?</th>
<th>Is this person an identical twin?</th>
<th>If yes, at what age?</th>
<th>Twin with whom?</th>
<th>Breast Cancer History</th>
<th>Ovarian Cancer History</th>
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<td>(yes or no)</td>
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<td>Has this person ever been diagnosed with breast cancer?</td>
<td>Has this person ever been diagnosed with ovarian cancer?</td>
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<td>(yes or no)</td>
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<td>Has this person ever been diagnosed with breast cancer in both breasts?</td>
<td>Has this person ever been diagnosed with ovarian cancer in both breasts?</td>
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<td>(yes or no)</td>
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<td>Has this person has both breasts removed (bilateral mastectomy)?</td>
<td>Has this person has both ovaries removed?</td>
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<td>Has this person was the second diagnosis?</td>
<td>Has this person was the second diagnosis?</td>
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</tbody>
</table>

I don’t know this person’s breast cancer history. Important: Only record a diagnosis if this person has been specifically diagnosed with breast cancer, and not a cancer that started in a different part of the body and moved to the breast.

I don’t know this person’s ovarian cancer history. Important: Only record a diagnosis if this person has been specifically diagnosed with ovarian cancer, and not a cancer that started in a different part of the body and moved to the ovaries.