

# Living Well / Aging Well

## Genetic Screening for Cancer

**PLEASE NOTE**  
**Always consult your doctor to determine if genetic testing is appropriate or if you have questions about genetic testing.**

### Why are cancer screenings important?

Cancer is a disease in which some of the body's cells may grow nonstop and travel to other parts of the body. Regular cancer screenings may find breast, cervical, colon, lung, and skin cancers early so treatment can begin and be more successful. Your physician may recommend lung cancer screening if you are at high risk.

Source: <https://www.cancer.gov/about-cancer/understanding/what-is-cancer#definition>

### Genetic Screening

Genetics can play a role in cancer growth, especially if family members have had cancer. Genetic testing is used to check for gene changes linked to cancer.



#### 1. Who should be tested?

If your family has a history of certain cancers or if you or your family members (mother, father, sisters, brothers, and/or children) have been diagnosed with cancer, your doctor may recommend genetic testing.

#### 2. What should you do before you get tested?

Write down your questions and talk to your physician. Your physician will recommend that you receive genetic counseling before you receive the actual test. Your Genetic Counselor will explain the benefits of the test, what the test result might mean, and your options.

#### 3. What is a home-based genetic test?

A home-based test can be bought without a doctor's order. This test looks for gene changes but does not provide information on your overall risk of developing any type of cancer. Home-based tests should not be used instead of cancer screening or genetic counseling recommended by your physician.

Source: <https://www.cancer.gov/about-cancer/causes-prevention/genetics>