



Understanding Hereditary Cancer

Genetic Testing Red Flags Every Patient Should Know

Why This Matters

Some cancers are caused by inherited gene changes. Identifying these changes may influence treatment, screening recommendations, eligibility for clinical trials, and help protect family members through earlier detection and prevention.

Do I Need Genetic Testing?

- ✓ Cancer diagnosed before age 50 → Discuss genetic counseling
- ✓ Multiple relatives with cancer → Consider hereditary cancer evaluation
- ✓ Two or more cancers in one person → Ask about germline testing
- ✓ Rare cancers or unusual tumor types → Genetics referral recommended
- ✓ Ashkenazi Jewish ancestry + certain cancers → Discuss testing

Common Genetics Red Flags

- **Breast:** ≤50 years, triple-negative, male breast cancer, multiple breast cancers, metastatic (Stage IV) breast cancer, multiple breast primaries.
- **Colon & Rectal:** ≤50 years, Lynch syndrome features (MMR deficiency in tumor/abnormal IHC, abnormal mismatch repair testing), 10 or more adenomatous colon polyps, 2 or more hamartomatous colon polyps, or 5 or more serrated colon polyps in lifetime
- **Ovarian:** Epithelial ovarian, fallopian tube, or primary peritoneal cancer at any age.
- **Pancreatic:** Exocrine pancreatic adenocarcinoma or pancreatic neuroendocrine tumor at any age.
- **Prostate:** Metastatic/high-risk prostate cancer, diagnosed with prostate cancer with a family history of breast, ovarian, pancreatic or prostate cancer.
- **Kidney/Renal:** Diagnosed at age 46 or younger, FH (fumerate hydratase) deficient renal cancer
- **Gastric:** Diffuse gastric cancer at any age, diagnosed age 49 or younger
- **Sarcoma:** Diagnosed age 46 or younger with family history of sarcoma, breast, colon, gastric prostate or melanoma

Already Had Tumor (Somatic) Testing?

Tumor testing and inherited (germline) testing answer different questions. Some patients benefit from both. A genetics specialist can determine whether additional testing is appropriate.

Questions to Ask Your Oncology Team

- Should I see a genetic counselor?
- Would testing change my treatment?
- Should my children or siblings be tested?
- Will insurance cover genetic testing?
- What genes should be included in my test?

How Valsa HemeOnc Partners Can Help

- Explain hereditary cancer risk in plain language
- Prepare you for genetics appointments
- Help you understand what results mean for you and your family
- Coordinate educational resources throughout your cancer journey

Learn More about Valsa HemeOnc Partners:

www.vhopcares.com

Personalized oncology education, patient navigation, and care coordination support.

This guide is for educational purposes only and is not medical advice. Decisions regarding genetic testing should be made in consultation with your healthcare team.



VALSA
H E M E O N C
— P A R T N E R S —
NAVIGATION. EDUCATION. EMPOWERMENT.

*Guiding you with clarity.
Supporting you every step. ♡*

EXPERT GUIDANCE | EVIDENCE-BASED EDUCATION | COMPASSIONATE SUPPORT | EMPOWERING YOU

Your *partner* in the fight. Your *advocate* in every decision. | 

