

During your second visit, you will meet with one of the genetic healthcare specialists to discuss the results of the assessment performed and determine your chance of developing cancer. The specialist will also make specific recommendations on steps you can take to promote health and lower your risk of cancer. This includes an individualized plan of screening tests and prevention measures, as well as lifestyle modifications. You will have plenty of time to ask questions.

Afterwards, you will receive a written summary of your assessment and a personalized medical care plan tailored specifically for you, based on your risk of developing cancer.

## GENETIC TESTING

Researchers have identified certain genes that increase the risk for developing breast, ovarian, colon and other related cancers. Our program offers genetic counseling and genetic testing to help people with a strong family history of cancer determine the likelihood that they will develop cancer. If you are eligible for genetic testing, the choice whether to be tested is yours. Our program provides education and counseling to help you make the decision that is right for you.

## PAYMENT

Genetic counseling and testing is covered by most insurance plans. We have financial counselors available to assist you with insurance/billing issues if needed.

## APPOINTMENTS

To schedule an appointment, call the Pepe Center for Cancer Care at (815) 227-2273. Family members are welcome to accompany you through this process.

## CLINICAL TRIALS

The Pepe Center for Cancer Care participates in nationwide clinical studies for breast cancer prevention and risk reduction as well as other disease types. If you are eligible to participate in one of these studies, the option will be discussed with you. Participation is voluntary.

## NATIONAL ACCREDITATION

The Pepe Center for Cancer Care has been accredited by the American College of Surgeons Commission on Cancer for maintaining levels of excellence in the delivery of comprehensive patient-centered care.

The program has also achieved the Quality Oncology Practice Initiative (QOPI) certification and was awarded the 2014 and 2015 women's choice award for cancer care.

For additional information or scheduling, please contact

**Amy Skaggs, Cancer Care Coordinator**  
815-227-2912

Patricia D. Pepe Center for Cancer Care at  
OSF Saint Anthony Medical Center  
5666 E. State St.  
Rockford, IL 61108-2472  
(815) 227-2273

[osfhealthcare.org/saint-anthony](http://osfhealthcare.org/saint-anthony)

*Serving with the greatest care and love.*

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## GENETIC RISK ASSESSMENT AND CANCER PREVENTION



**OSF**  
HEALTHCARE

## HEREDITARY CANCER

The cause of cancer is often unknown. However, 5 to 10 percent of cancers occur because of an inherited abnormality in a gene (mutation) which leads to a "hereditary cancer syndrome." Hereditary cancer syndromes can increase the risk of developing various cancers and can be passed down from generation to generation through the mother's or father's side of the family. Knowing your family health history is one important factor in determining the likelihood of developing a disease in the future.

### INDICATORS THAT A HEREDITARY CANCER SYNDROME MAY BE PRESENT

Some family history features may suggest increased cancer risk:

- Rare cancers such as medullary thyroid cancer, male breast cancer, or sarcoma (cancer of the connective tissue), are present in the family
- Cancer in adults occurs at an earlier age than usual (typically diagnosed prior to age 50)
- Multiple family members have the same kind of cancer
- A family member has two separate cancers involving the same organ of the body, for example: cancer involving both breasts or two different sites in the colon
- Specific combinations of cancers are present in the family, such as both breast and ovarian cancer or both colon and uterine cancer
- Ashkenazi (Eastern European) Jewish background and family history of breast or ovarian cancer

## WHO CAN I TALK TO ABOUT MY CANCER RISK?

### OUR PROGRAMS

The Cancer Prevention Program at OSF Saint Anthony Medical Center was created to help people who are concerned about their chances of developing cancer or for those with cancer in their family who may be at risk for hereditary cancers. A consultation with our cancer professionals will help you understand your level of risk, and will provide you with an individualized plan to lower risk.

### HIGH-RISK CLINIC

The High-Risk Clinic offers one-on-one care and consultation with a staff of compassionate health care professionals. Our nurse practitioner, with an expertise in genetics, and our oncologists will:

- Review your family's medical history
- Review your personal medical history and; your cancer risk factors
- Evaluate lifestyle risk factors
- Discuss genetic testing and order genetic tests if they will help determine your chance of getting cancer
- Provide a written summary of your level of risk for developing cancer
- Provide a detailed plan of cancer screening tests and options for reducing cancer risks to help protect your health
- Provide emotional support to help patients and their families who learn they have a high chance of developing cancer

### OUR CANCER GENETICS TEAM



*Peggy Rogers, APN*



*Dr. Hoskins*



*Dr. Sreenivasappa*

The Cancer Prevention Program at OSF Saint Anthony Medical Center is directed by Dr. Kent Hoskins and Dr. Shylendra Sreenivasappa. Both are oncologists who are board certified in medical oncology and are experienced in counseling individuals and families about cancer. In addition, they have participated in research to identify and analyze the genes responsible for inherited forms of cancer.

Our team also includes a nurse practitioner who has advanced education in oncology and genetics and has many years of experience helping people meet the challenges posed by cancer.

### WHAT TO EXPECT

Prior to your first appointment, you will receive a questionnaire about your family cancer history. You will need to complete the questionnaire and bring it with you to your first appointment. During the first appointment, you will meet with our nurse practitioner, who will gather more information and create a pedigree or family tree. She will talk to you about the significance of particular risk factors and the role genes may be playing as a cause of cancer in your family. The nurse practitioner will also evaluate if genetic testing will be helpful to determine your chance of developing cancer. If it will be helpful, a genetic blood test can be ordered on the day of your first visit.