

Early Onset Breast Cancer: Talking to Your Doctor and Genetic Counseling — with Audio Descriptive Transcript

Audio Descriptive Text

- Main slide:
 - Title: Talking to Your Doctor and Genetic Counseling
 - Logos—
 - National Association of Chronic Disease Directors. Promoting Health. Preventing Disease.
 - Centers for Disease Control and Prevention.
- Dr. Maya Hatton talking on screen.
- Dr. Hatton suggesting users to watch parts one and two before proceeding with this video.
- A woman with her backpack on her left talking to her physician with a laptop at a practice.
- Start the conversation—
 - Share info that may affect your risk.
- Be sure to tell your doctor about—
 - Family history of breast and ovarian cancer on mother’s and father’s side. Use an online tool like the U.S. Surgeon General’s family health history portrait.
 - Your family’s Ashkenazi Jewish descent.
 - Any history of chest radiation treatment or breast diseases.
 - Warning signs or symptoms you find.
 - Your personal history of breast and ovarian cancer, if applicable.
- A balance scale. The left pan has the ear icon on the weight and the word “Listening” on top of the weight. The right pan has the safety speaker icon on the weight and the phrase “Raising Concerns” on top of the weight.
- Tips—
 - Bring someone with you.
Icons of five different people.
 - Take notes.
Icons of a notepad and a smartphone.
 - Prepare questions.
Icons of clouds with—
 - Question marks.
 - Vital signs, injection, and pills.
- Doctor referrals—
 - Genetic Counselor.
 - Family history.
 - Genetic testing.
 - Next steps.
- Genetic testing slide with testing tube.
 - Diagram of family history showing family members with the BRCA gene.
 - The choice is up to you.
- Minimize risk with—
 - Regular screening.
 - Medication.

- Surgery.
 - Slide showing icons for—
 - Doctor (with the medical icon)
 - Genetic counselor (with the gene icon)
 - Genetic testing (with the tube icon)
- For the above, build an action plan.
- For more information, visit the resources section.

Video Summary

Get tips on how to start a conversation with your health care provider about breast cancer risk, and learn how a genetic counselor can help you assess and understand your risk if you have a family history of breast and ovarian cancer. Visit [CDC's Bring Your Brave website](#) for more resources.

Audio Script

Hello, I'm Dr. Maya Hatton. Thanks for joining us for our video *Early Onset Breast Cancer Part Three: Talking To Your Doctor and Genetic Counseling*. If you haven't seen parts one and two, I suggest watching them first.

As a breast cancer survivor, I understand that it's not always easy to talk to your doctor about your worries and fears concerning breast cancer risk. These conversations can be tough, and many of my patients have been afraid to bring up their concerns because they thought I'd just dismiss them.

So let's talk about ways to make the conversation easier, and what the next steps might look like if your doctor does determine that you may have an increased risk of early onset breast cancer. It is so important for your breast and ovarian health, as well as your overall health, to have a doctor who you are comfortable with who you see on a regular basis.

The next time you see your doctor, consider bringing up what you've learned about breast and ovarian cancers. You can start the conversation with your doctor by sharing information that may affect your breast cancer risk, as mentioned in *Early Onset Breast Cancer Part Two: Risk Reduction and Warning Signs*.

When you talk to your doctor, don't be afraid to keep raising your concerns if you don't feel heard. Just remember that this is a conversation between you and your doctor, where you feel that your concerns and questions are being addressed and you are listening to what your doctor has to say.

[No sound]

When you have these conversations, you may learn that you have more risk factors than you thought, which can be scary and overwhelming.

To help keep track of everything in your follow-up appointments, I recommend bringing a friend or family member with you to your appointment. The support is nice to have, and they can help you remember things or remind you of something you may forget in the moment.

Taking notes that you can refer to later. A lot of my patients like to come in with a list of questions they've prepared in advance. After all, we've all been in that moment when you've just gotten home, you're walking up to your door and boom, you remember something you wanted to ask someone you were talking to earlier.

Let me assure you, there is no such thing as a bad or stupid question, so don't be afraid to ask your doctors anything. Together, you and your doctor can develop a personalized strategy to address your risk. For a list of questions to help you start the conversation with your doctor, check out the resources section.

If you have a family history of cancer, your doctor may refer you to a genetic counselor. I strongly encourage you to make that appointment. A genetic counselor can help you build out your family history of cancer, talk to you about genetic testing, and help you figure out what steps are right for you. While it may be challenging to have these conversations with your doctor, they are important for your wellbeing. For more information about any of these topics, please visit the resources section in the video description.

Now let's talk for a moment about genetic testing. Genetic testing can reveal if you have any genetic changes or mutations, like the BRCA Gene mutation, that increase your chances of developing breast cancer. Making the choice to get a genetic test can be scary. That choice to get tested is always up to you, but the genetic counselor can help you decide. And remember, while a gene mutation does increase your risk, it is not a certainty.

If it turns out you do have genetic risk, the counselor can advise you on what to do next to minimize it. This could include active surveillance with regular tests like mammograms or breast MRIs, medication, or surgery.

The most important thing for you to understand is that all of these things, your doctor, genetic counselor, and any genetic testing results you receive are there to help you build an action plan to address your risk. While it may be challenging to have these conversations with your doctor, they are important for your wellbeing.

Thank you for watching and taking the time to learn about early onset breast cancer.