

What is My Hereditary Cancer Risk?

The best person to advise you on your hereditary cancer risk is a genetic counsellor (GC). But to help you decide whether you should speak to a genetic counsellor to find out your exact risk, we have devised this simple questionnaire. Your score after answering all the questions will tell you whether your risk is high, moderate, or low. If you are in the high or moderate category, we strongly advise you to contact one of our genetic counsellors for a comprehensive consultation.

Instructions: Answer all the questions in the given order and note down the corresponding score whenever you have answered YES. Add up all the scores to get your total hereditary risk score. Look up whether this score puts you into the high, moderate, or low category and do not hesitate to talk to one of our genetic counsellors if your result indicates a high or moderate risk.

Question	YES	NO	My Score
1. Are you affected with cancer?	15	0	
2. If NO, please move on to Question 4. If YES, were you diagnosed below the age of 50?	20	0	
3A. Are you affected with any of the following cancers: unilateral breast cancer, bilateral breast cancer, triple negative breast cancer (ER/PR/Her2neu negative), ovarian cancer, medullary thyroid cancer, male breast cancer, pancreatic cancer, colon cancer, renal cancer or prostate cancer?	20	0	
3B. I was diagnosed with a different type of cancer.	10		
4. Are any of your first-degree relatives (parents, siblings, children) affected with cancer?	10	0	
5. If yes, was their age at diagnosis below 50 years?	15	0	
6. Do any of your second degree relatives (maternal/paternal uncle/aunts, cousins or grandparents) have a cancer history?	10	0	
7. If yes, was their age at diagnosis below 50 years?	15	0	
Total Score			

Result:

55 – 100

HIGH RISK - Definitely see a genetic counsellor NOW. Post genetic consultation, if advised, an appropriate genetic test can help your current therapy, early diagnosis, and prevention of other cancer risk and evaluate risk for other unaffected family members. Please call us on 1800-1022-695 to book a complementary genetic counselling session.

25 – 50

MODERATE RISK - You should consult a GC to understand your risk for other cancers and ways of early detection or prevention of cancer OR to rule out hereditary risk.

0 -20

LOW RISK - You may want to see a GC to evaluate your risk and be reassured.