

# TALKING WITH YOUR CARE TEAM ABOUT GENETIC TESTING

Voicing your goals and concerns can help your care team to tailor your treatment plan.

There is a lot to navigate when managing prostate cancer. Feel more prepared and informed by referring to this checklist at your next appointment.



## THE NATIONAL COMPREHENSIVE CANCER NETWORK® (NCCN®) RECOMMENDS GENETIC TESTING IF ANY OF THE FOLLOWING APPLY TO YOU

CHECK ANY THAT APPLY:

- Immediate family history of cancer**  
Certain genetic mutations, such as *BRCA* (brah-kuh), can increase risk of various cancers.
  - Prostate cancer**
  - Ovarian cancer**
  - Breast cancer**
  - Pancreatic cancer**
  - Colorectal cancer**
  - Endometrial cancer**
- Known family history of *BRCA* or other gene mutation**
- Ashkenazi Jewish descent**
- Your prostate cancer has spread to other parts of the body, including lymph nodes**
- High-risk localized prostate cancer**

If you checked any of the boxes above, talk to your care team to see if *BRCA* testing is right for you.

*BRCA*, BReast CAncer gene.

## GENETIC TESTING QUESTIONS FOR YOUR PROSTATE CANCER CARE TEAM



Understanding your genetic risk factors and any genetic mutations you may have can help your care team to tailor your treatment approach to your specific cancer.

The following questions can help you and your care team determine what tests are appropriate and may be beneficial in your prostate cancer journey.

### 1. WHAT GENETIC TESTS HAVE I RECEIVED THAT COULD REVEAL A *BRCA*+ MUTATION?

**Tumor (somatic testing)**

Please use this space to write down your genetic mutation (if known):

**Hereditary/Inherited  
(germline testing)**

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**Neither**

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### 2. WHAT DOES GENETIC TESTING INVOLVE?

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### 3. HOW LONG DOES IT TAKE TO RECEIVE GENETIC TEST RESULTS?

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### 4. IS GENETIC TESTING COVERED BY MY INSURANCE?

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### 5. HOW WILL I KNOW IF I HAVE A GENETIC MUTATION, SUCH AS *BRCA*? WHAT HAPPENS NEXT?

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## UNDERSTAND WHAT'S IMPORTANT TO YOU WHEN DISCUSSING YOUR PROSTATE CANCER TREATMENT PLAN



Preparing ahead of time and considering your individual needs and treatment goals can ensure that you and your doctor both understand your next steps.

### 1. WHAT IS MOST IMPORTANT TO YOU WHEN CONSIDERING A TREATMENT OPTION? CHECK ALL THAT APPLY:

- Side effects
- Number of pills
- Once-a-day dosing
- Pill vs injection
- Cost
- Treatments for my specific cancer
- Quality of life
- Other \_\_\_\_\_

### 2. WHAT IS MOST IMPORTANT TO YOU THAT YOU WANT TO MAINTAIN DURING TREATMENT?

Self-advocacy at appointments can help your care team understand your goals better. Express any concerns, goals, or expectations.

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### 3. IS THERE TREATMENT AVAILABLE IF I HAVE A GENETIC MUTATION, SUCH AS BRCA?

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If you are found to have a **BRCA** genetic mutation, ask your care team about genetic counseling support and services. You can also check out [www.findageneticcounselor.nsgc.org](http://www.findageneticcounselor.nsgc.org) to learn more about what this could mean for you and your family.

*BRCA*, BReast CAncer gene; NCCN, National Comprehensive Cancer Network® (NCCN®).

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