

CHEK2 Predictive Testing

Information for patients

A gene change has been identified in your family that is thought to contribute to your family history of cancer. This means that a test is available for you to help further clarify your cancer risk.

Studies estimate the lifetime risk of developing female breast cancer with a CHEK2 gene change to be between 20-25%. This is similar to a moderately increased genetic risk. An individual's actual risk however is thought to be dependent on how many breast cancers there are in their immediate family and therefore screening will be determined accordingly. The following screening is an example of what may be suggested if you have a gene change in CHEK2.

- 40-50 years: Annual mammogram
- 50-70 years: 3 yearly mammograms (as routinely offered to all women as part of the National Breast Screening Programme)

Our knowledge regarding CHEK2 is rapidly increasing, and advice could change over time. At present there is not enough evidence to support an increased risk of additional cancers in association with a CHEK2 gene change. Therefore, no other additional screening is currently advised.

Be breast aware- We would encourage you to be breast aware and seek advice from your GP if you notice any changes in your breasts. The risk of male cancer is very low (similar to population risk).

Healthy living - We would encourage you to maintain a healthy lifestyle to reduce your overall risk of developing cancer. Some lifestyle factors are thought to reduce the risk of breast cancer:

- Giving up smoking
- Maintaining a healthy weight and taking regular exercise
- Limiting how much alcohol you drink.

Additional information

Insurance and genetic test results – In 2018 the Association of British Insurers agreed to an open-ended moratorium which means that you will not have to disclose the results of your predictive genetic test to them when you are taking out insurance. For further information please see: www.abi.org.uk/data-and-resources/tools-and-resources/genetics/genetics-faqs/

Plan of action going forward

Please tick as appropriate		Enter details
	You have decided to proceed with testing and we have made the following arrangements for you to receive the results:	
	A follow up appointment has been arranged on:	
	You have decided to get back in touch when you feel ready to proceed with testing.	

Following testing, results are usually available within 6 weeks. Results are confirmed in writing to you and copied to your referring clinician/GP.

You were seen by:	Genetic Counsellor	Patient Label
Date:		