

The information that comes from cancer genetic testing can be stressful and anxiety-inducing for some. You are encouraged to openly discuss your concerns with your genetic counselor/qualified provider, but also with your family to define your current needs, clarify any misconceptions, and decide whether genetic testing is or is not going to be beneficial for you at this time. If you decline genetic testing, you can always revisit the option at a later time if you choose. In the absence of genetic testing, it remains important to follow the treatment/screening recommendations based on your personal and family history.

Click [here](#) to learn more about scheduling a genetic counseling appointment for questions about hereditary cancer predisposition.