



BRCA Positive Pack

Genetic Services of Western Australia Familial Cancer Program

Why have I received this pack?

If you have received this pack it means you have had a gene change identified in one of your BRCA genes at Genetic Services of Western Australia. Finding out you have this gene change can be quite difficult and so this pack contains resources that may make this time a bit easier.

There are lots of different emotions at this time. You may be feeling;

- Fear that you are at an increased risk of breast/ovarian cancer
- Relief you know your risk and can take action
- Uncertainty about what the future holds
- Sadness at carrying a gene fault that can predispose to cancer
- Glad you now know why people in your family developed cancer.
- Concern your children or siblings may be at risk
- Determination to change your lifestyle and undergo surveillance
- Loneliness at having a rare gene change.

The important thing to know is there is no 'right' or 'wrong' way to feel. Genetic Services, along with the resources listed here, are available to help you while you are experiencing these emotions.

How do I use this pack?

Whether it's right after you receive your result, or weeks or months down the track, you will find you have a lot of information about different services and options.

This pack is designed to give you access to some services available in Perth and online, as well as being a safe place to store any other useful information you come across in your BRCA journey.

The BRCA Positive pack includes information on:

- Surgical options for reducing cancer risk
- Emotional support services
- Online support and information
- Where to access services
- Genetics information.

As new services become available, the packs will change and grow and so any feedback you have would be greatly appreciated.

Who do I contact about this pack?

If you have any questions, concerns or feedback, please contact Sarah Long, Associate Genetic Counsellor.

You can email on Sarah.Long@health.wa.gov.au or call 9340 1603.



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