



Want to learn more about your risk of hereditary breast or ovarian cancer? Use our SuperYou checklist as a guide. If you check ANY ONE of these boxes, you should meet with a genetic counselor to discuss your family history.

**If you or a close family member has had:**

- Ovarian, fallopian tube or peritoneal cancer at any age
- Breast cancer at age 50 or younger
- Breast or ovarian cancer AND your family has Ashkenazi Jewish ancestry
- Two separate primary breast cancers at any age
- A “triple negative” breast cancer at age 60 or younger (Triple negative breast cancers are negative for ER, PR and Her2)
- Both breast and ovarian cancer
- Male breast cancer at any age
- A known BRCA1 or BRCA2 gene mutation

**If there is a pattern, on the same side of the family of:**

- Two breast cancers, with one before age 50
- Three or more breast cancers at any age
- A breast cancer, and then a close relative with either a pancreatic or an aggressive prostate cancer (especially if diagnosed at an early age)

If you've checked any of these boxes, you should talk with a genetic counselor. Learn more and find a list of genetic counselors at [www.SuperYou-MN.org](http://www.SuperYou-MN.org).

**Note:** This list does not list all reasons for a genetic evaluation of a family cancer history. If you have other family cancer history that concerns you, then discuss it with your physician, or make an appointment to meet with a genetic counselor.