

## Why have I been referred for genetic counselling?

You may have been referred for genetic counselling for the following reasons suggestive of a genetic condition:

### A personal history of cancer/tumour(s):

- Young age of diagnosis
- Cancer type commonly associated with a genetic condition
- Cancer/tumour test results suggestive of the presence of an underlying faulty gene
- A rare type of cancer/tumour
- Multiple primary cancers

### A family history of cancer:

- Multiple individuals diagnosed with similar types of cancer on the same side of the family



## How can I get more information?

### You may contact the Cancer Genetics Service

Tel: 6436 8088

[cgsgroup@nccs.com.sg](mailto:cgsgroup@nccs.com.sg)

Mondays - Fridays: 8.30am to 5.30pm  
Closed on Saturdays, Sundays and Public Holidays

### Visit the Cancer Genetics Service webpage:

<https://www.nccs.com.sg/patient-care/specialties-services/cancer-genetics-service>

Please scan the following QR codes to access our website (left) or make a donation to CGS (right):



Website



Donations

### For general information about cancer:

Call the Cancer Helpline at 6225 5655 or email [cancerhelpline@nccs.com.sg](mailto:cancerhelpline@nccs.com.sg)

## What is Genetic Counselling?



**Disclaimer:** This brochure is to be used as a tool to facilitate patient understanding only and should not be used for medical judgment or decision-making.

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# What is Genetic Counselling?

**Genetic counselling is offered to individuals who are suspected to have a hereditary cancer syndrome**

Genetic conditions that increase the risk of cancer are known as hereditary cancer syndromes. Genetic testing may be done to identify individuals with these conditions.

Genetic counselling is a discussion with a genetic counsellor/genetics specialist to:

- receive information on the suspected genetic condition
- understand your options for genetic testing



**You may prepare for your genetic counselling appointment by:**

- Gathering information on your family history of cancer/disease
- Bringing your medical records
- Bringing genetic test reports of family members (if any)

# What to expect from genetic counselling?

**01**

**Pre-test genetic counselling**



A discussion on:

- Your personal and family history of cancer/disease
- How likely a genetic cause will be found
- Benefits and limitations of genetic testing for you

**02**

**Consent for genetic testing obtained**



Giving written consent to proceed with genetic testing.

**03**

**Collection of samples**



A blood (sometimes skin or saliva) sample will be taken for genetic testing.

**04**

**Result appointment**



Your result appointment will happen 2-6 weeks later to discuss what this result means for you and your family.

# Benefits & uses of my genetic test results

**Your result may help to personalise your treatment or management options**

If you have cancer, it can help:

- Guide treatment and/or surgery decisions
- Understand what other cancers you may be at increased risk of and how to manage these risks

If you do not have cancer, it can help:

- Guide screening options to detect cancer early
- Guide procedures to prevent cancer (e.g., surgery)
- Consider dedicated reproductive options for future pregnancies

