



HAVE the CHAT

About Your Genes

Younger women can get breast cancer too. When it happens, life changes – for the young woman and those she loves. It's important to have the chat about how it affects her life at every stage and how it affects those around her.



Have the Chat is focused on igniting conversations with young women about breast health and wellness. When you “Have the Chat” early and often, you empower those you love to know the facts, own their bodies and take charge of their health. Information is ammunition!

We also aim to share the perspectives of how breast cancer affects those it touches the teenager, the young survivor, the young woman living with metastatic breast cancer, a patient with hereditary breast cancer, the caregiver, healthcare provider and more.

Our videos, tips and advice make it less awkward to broach the topic of breast cancer and its impact – with your daughters and loved ones. Join our movement to #havethechat and change the conversation from “What I wish I knew” to “I’m glad I know.”

HAVE THE CHAT!

OUR MISSION

To encourage conversation about breast health early and often; and to highlight the issues surrounding the young woman diagnosed and those who love her.

Young women get breast cancer too; and when breast cancer is diagnosed at a young age, it’s more likely to be aggressive. Yet, many young women ignore early warning signs – like skin redness or nipple pain– thinking they’re too young to be at risk. And some doctors dismiss breast lumps in young women as cysts and opt to “wait and see.”

Early detection and prompt treatment can lead to more

positive outcomes, and a better quality of life. In fact, more than 90 percent of women whose breast cancer is found in an early stage will survive. At the same time, young women need to be vigilant even if they are diagnosed at an early stage.

In addition, young survivors and those they love face challenges. Educating young women empowers them to know what to watch for and do, cope with confidence, and live healthy and fearlessly; and when we talk about how breast cancer affects the community, it empowers all affected to better support each other.

Our genes determine who we are, what we look like, and what our bodies are capable of.

There are tests that can empower us to take actions to lower our risk. Some women have a higher risk of breast cancer than others. A variety of hereditary or environmental factors may impact your breast cancer risk, while various ethnic groups may carry higher incidences of the BRCA1 and BRCA2 gene. If you have a history of breast cancer in your family, talk to your doctor about what this means for you and your family, then have the chat with your family, and share your knowledge with friends too.



WHAT TO KNOW

- ✘ High-risk women are those who: have the BRCA1, BRCA2 or other genetic mutations.
- ✘ Women who have a first-degree relative (child, parent, or sibling) with a BRCA1 or BRCA2 mutation but have not had genetic testing done are also at high risk.
- ✘ Other high-risk factors include chest radiation therapy during the ages of 10-30; personally had or had family members with Cowden syndrome, Li-Fraumeni syndrome, or Bannayan-Riley-Ruvalcaba syndrome; or have a 20-25% lifetime risk of cancer based on assessment tools such as the Claus model.



WHAT TO SAY

- ✘ Talk to your daughter about hereditary breast cancer and what it might mean for her; and share ways that you have been proactive and how she can be too. Options include first having a genetic test, and may include a prophylactic mastectomy when she is older.
- ✘ Empower her and share options that she can exercise at the right age to lower her risk.
- ✘ Ask other family members about their medical history, so you have a full picture of family history.



WHERE TO HAVE THE CHAT

- ✘ Think of somewhere safe – home or any place where you can express how you feel most comfortably and freely.
- ✘ Have the chat over ice cream or dinner.
- ✘ Talk as a family about your collective family health history during dinner or game night.
- ✘ Talk to your doctor about your genetic factors that may put you at high-risk for breast cancer; and ask for suggestions on how to best share that with your family.



WHEN TO HAVE THE CHAT

- ✘ If you haven't had breast cancer, you might want to have the conversation about getting tested, so you know your genes and potential risks.
- ✘ If you have been diagnosed, definitely talk with your doctor about speaking with a genetic counselor.
- ✘ When it comes to talking to your daughter, do it when you feel that it's the right time – usually as a young woman goes into her teens, it is important to have these conversations.

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Meet Kate.

My name is Kate. I was diagnosed with triple negative breast cancer at 35 years old, and I found out that I had the BRCA1 gene mutation and opted to have a hysterectomy to reduce my chances of ovarian cancer. I found my lump during a routine self-exam. Many young women aren't even aware of their hereditary risk factors or understand genetic testing. Knowing my risk factors helped me make important decisions. Find out if you could be at risk and if a gene mutation runs in your family. Be empowered and know your risk.



Talk to a genetic counselor and take control of your health.

Educate and Inspire. Share a picture or video of why you had the chat on social media and tag 10 friends, nominating them to #HaveTheChat.

Empower. Follow Tigerlily Foundation on social media and tag us in the picture. We'll share on our social media pages!

Take the Pledge, Raise Funds & Start a Movement. Start a fundraiser (click the link on [our website](#) or our [Facebook page](#)) to help us raise funds to educate more young women and families on the importance of having conversations about young women's breast health, mental health (anxiety and depression during treatment), the importance of caring for the caregiver, having a strong relationship with your healthcare provider, knowing your genetic and hereditary history, metastatic breast cancer and survivorship. Inspire change and save lives.

Additional Resources:

- [Genetics & You](#)
- [Diagnosis Screening & Testing](#)
- [Myriad's High Risk Assessment Quiz](#)
- [FORCE](#)
- [Genesight](#)

