

# Genetic Risk and Preventative Mastectomy: A Woman's Guide to Empowering Choices

Breast cancer is the most common cancer among women globally. While early detection and treatment have significantly improved survival rates, the fear of developing breast cancer can cast a long shadow over many women's lives. For those with a family history of the disease or genetic mutations that increase their risk, the decision of whether or not to undergo preventative mastectomy can be daunting.



## Probably Someday Cancer: Genetic Risk and Preventative Mastectomy (Mayborn Literary Nonfiction Series Book 9) by Kim Horner

★★★★☆ 4.8 out of 5

Language : English  
File size : 3588 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 191 pages



This book is designed to provide women facing these difficult choices with the information, tools, and support they need to make informed decisions about their health. Drawing on the latest research and insights from leading medical experts, this comprehensive guide explores the complex issues surrounding genetic risk, risk assessment, and preventative mastectomy.

## **Chapter 1: Understanding Genetic Risk**

This chapter delves into the genetics of breast cancer, explaining how certain gene mutations can significantly increase a woman's risk of developing the disease. Readers will learn about the different types of genetic mutations associated with breast cancer, how they are inherited, and how they can be tested for.

## **Chapter 2: Assessing Your Risk**

Once you know your genetic risk, it's important to assess your overall risk of developing breast cancer. This chapter provides a step-by-step guide to risk assessment, including factors such as family history, lifestyle choices, and breast density. Readers will learn how to calculate their individual risk and understand the implications of different risk levels.

## **Chapter 3: The Decision to Have a Preventative Mastectomy**

For women with a significantly elevated risk of breast cancer, preventative mastectomy may be an option to reduce their risk. This chapter explores the pros and cons of mastectomy, including its effectiveness in preventing breast cancer, the potential risks and complications, and the emotional impact of the surgery.

## **Chapter 4: Making an Informed Decision**

Deciding whether or not to undergo preventative mastectomy is a deeply personal decision. This chapter provides a framework for making informed choices, including gathering information, consulting with medical professionals, and weighing the benefits and risks. Readers will also learn about support systems and resources available to help them through the decision-making process.

## **Chapter 5: Preparing for and Recovering from Mastectomy**

If you decide to undergo a preventative mastectomy, this chapter will guide you through the preparation process, including choosing a surgical team, understanding the different types of mastectomy procedures, and preparing for recovery. It also provides tips for managing the emotional and physical challenges of recovery and adjusting to life after mastectomy.

## **Chapter 6: Beyond Mastectomy**

Preventative mastectomy is not just about removing breast tissue. It can also have a profound impact on a woman's body image, self-esteem, and relationships. This chapter explores the psychological and social aspects of living after a mastectomy, including coping with body changes, finding support, and rebuilding self-confidence.

The decision of whether or not to undergo preventative mastectomy is one of the most challenging decisions a woman can face. This book provides women with the knowledge, tools, and support they need to navigate this complex decision-making process and make informed choices about their health.

By empowering women with information, understanding, and support, we can help them take control of their health and live healthier, more fulfilling lives.



# Timely Cancer Genetic Counseling and Testing for Young Women With Breast Cancer: Impact on Surgical Decision-making for Contralateral Risk-reducing Mastectomy

Sherin Dettwyler (✉) [s.s.dettwyler@gmail.com](mailto:s.s.dettwyler@gmail.com)

NIH, Langone Health <https://encil.org/0000-0001-9391-3471>

Darcy Thull

Magee-Womens Hospital of UPMC; UPMC Magee-Womens Hospital

Priscilla McAuliffe

Magee-Womens Hospital of UPMC; UPMC Magee-Womens Hospital

Jennifer Steiman

Magee-Womens Hospital of UPMC; UPMC Magee-Womens Hospital

Ronald Johnson

Magee-Womens Hospital of UPMC; UPMC Magee-Womens Hospital

Emilia Diego

Magee-Womens Hospital of UPMC; UPMC Magee-Womens Hospital

Phuong Mai

University of Pittsburgh School of Medicine

Research Article

**Keywords:** breast cancer, genetic counseling, genetic testing, risk-reducing mastectomy, variant of uncertain significance

**Posted Date:** January 5th, 2022

**DOI:** <https://doi.org/10.21203/rs.3.rs-1146819/v1>

**License:** This work is licensed under a Creative Commons Attribution 4.0 International License.

[Read Full License](#)



## Probably Someday Cancer: Genetic Risk and Preventative Mastectomy (Mayborn Literary Nonfiction Series Book 9) by Kim Horner

★★★★☆ 4.8 out of 5

Language : English

File size : 3588 KB

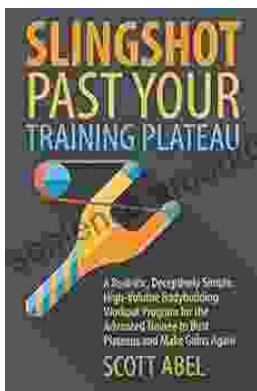
Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 191 pages

FREE

DOWNLOAD E-BOOK



## **Unlock Your Muscular Potential: Discover the Revolutionary Realistic Deceptively Simple High Volume Bodybuilding Workout Program**

Are you tired of bodybuilding programs that are overly complex, time-consuming, and ineffective? Introducing the Realistic Deceptively Simple High Volume Bodybuilding...



## **Dominate the Pool: Conquer Performance with the DS Performance Strength Conditioning Training Program for Swimming**

As a swimmer, you know that achieving peak performance requires a comprehensive approach that encompasses both in-water training and targeted...