



About Donna Russo, MS, CGC, LMT

A board-certified genetic counselor, Ms. Russo currently directs The Cancer Genetics and Prevention Program at Lawrence Hospital Center. She provides cancer risk evaluation, genetic counseling, and risk reduction education for individuals with cancer or concerned about their risks of developing cancer. She also provides education concerning cancer risk assessment and prevention to medical professionals and to the community.

She received her Master of Science degree in Molecular Biology from Albert Einstein College of Medicine and has more than 20 years of professional experience in genetic counseling. She has been a cancer genetic counselor and clinical researcher at Columbia Presbyterian Medical Center since developing the Cancer Genetics Program there in 1995.

A licensed massage therapist and a student of herbal medicine, Ms. Russo integrates conventional and complementary medicine into her patient care.

Contact information:

Donna Russo, MS, CGC, LMT
914-787-4000 914-787-4320 FAX
DRusso2@lawrencehealth.org



LAWRENCE HOSPITAL
C E N T E R

Member
NewYork-Presbyterian Healthcare System
Affiliate: Columbia University College of Physicians & Surgeons

55 Palmer Avenue
Bronxville, New York 10708

GENERAL INFORMATION (914) 787-1000
PHYSICIAN REFERRAL SERVICE (914) 787-5000

WWW.LAWRENCEHEALTH.ORG



LAWRENCE HOSPITAL CENTER

Cancer Genetics & Prevention Program

*For Women and
Families with
Breast or Ovarian Cancer*

Location. Innovation. Compassion.

We believe that identifying and educating individuals at increased familial risk for cancer can allow them to take ACTION to reduce their risks.

What is the Cancer Genetics and Prevention Program?

This program was developed for families with a history of breast, ovarian, or pancreatic cancer to provide accurate cancer risk information, genetic counseling and testing, and guidance on cancer screening and prevention options.

What is hereditary cancer risk?

Approximately 10% of breast and ovarian cancers are considered hereditary, due to mutations in hereditary susceptibility genes such as BRCA1 and BRCA2, that can increase your risks for the development of these and associated cancers. You and your family can discuss the benefits, risks and limitations of genetic testing for inherited cancer risk and decide if it is right for you.

What can the Program offer you?

We begin with a cancer risk evaluation, where you and a genetic counselor review your lifestyle behaviors, personal medical history and family cancer history. Together, we generate a comprehensive three generation family health tree.

If appropriate, you can elect genetic testing for cancer susceptibility genes that increase the risk of breast, ovarian, pancreas and other cancers.

With this information, the genetic counselor develops an individualized profile of your cancer risks and she works with you to design a lifelong plan of cancer screening, risk reduction and healthy lifestyle choices to lower those risks.

We will discuss up-to-date information on the familial patterns of cancer, the genes that play a role in genetic susceptibility to cancer and the hormonal, nutritional and environmental factors that influence cancer risks. You can receive guidance and support in deciding which steps to take to reduce, or even prevent, cancer and to promote wellness. We will review the implications for your children and other family members.

The process consists of two one-hour visits to the counseling center.

Who should consider the Cancer Genetics and Prevention Program?

The Program may help anyone concerned about a personal or family history of breast, ovarian, or pancreas cancer. It is most important when there is one or more of the following, on either side of the family:

- Breast cancer at an early age (under 50)
- Ovarian cancer at any age
- Male breast cancer

- Two or more family members with breast, ovarian, prostate or pancreas cancer
- A family member with two or more cancers
- Eastern European Jewish ancestry with history of one of cancers mentioned above
- A known mutation in a hereditary susceptibility gene in the family

What about research studies?

You and your family will have the option of participating in research studies related to the diagnosis, treatment and prevention of breast, ovarian and pancreas cancer.

We are committed to research as a key to changing the face of cancer in the next generation.

What happens after a visit?

Learning that you or your children may have increased cancer risks can take time to adjust to. We are available to counsel you and your family members on an ongoing basis and to refer you for related medical, psychological, nutritional and complementary medicine services.

We also understand the importance of communicating with your other health providers to incorporate this information into your ongoing medical care.