

Candido-dos-Reis et al, 2015 and *McLaughlin et al, 2012* suggested that any short to medium term survival advantage may not translate into a significantly higher long term survival, although substantial data on this is lacking.

Case report: Genetic Counseling Provision:

During the genetic counseling clinic we provided an approximate 5 year risk of breast cancer as 10%, based on her current age and BRCA1 status. (*Mavaddat et al, 2013*). However, based on individual factors, her absolute risk of breast cancer over the five years may be lower than this due evidence suggesting a reduction in breast cancer risk after ovarian cancer diagnosis in BRCA1 carriers.

Associated risks and benefits of risk reducing breast cancer surgery and reconstruction was also discussed. Information on risks included how surgery may not always go as planned, how women are not always pleased with the look and feel of reconstructed breasts and there can be a problems with infection, poor wound healing and chronic pain. The genetic counselor balanced this with the obvious advantage of reducing the lifetime breast cancer risk significantly, to less than 5%, with subsequent breast screening not required due to the minimal amount of residual breast tissue.

At the cancer genetics clinic we spent time with the patient weighing the approximate 10% risk of breast cancer over five years with an estimated 50-75% chance of recurrent ovarian cancer over the same time period. The aim of providing the information in this context was to increase the patient's knowledge about breast cancer risk, as well as potentially reducing breast cancer risk perception and anxiety during the five year period of ovarian cancer treatment and follow up.

Genetic counseling interventions involved presenting the information in verbal and visual format (numerical and graphical), checking understanding and providing a designated time and space to focus on current concerns. The patient did not appear anxious or distressed by the information provided, but did express gratitude for the opportunity to ask questions in a review appointment.