Here are some resources that can help you talk with your children:

- Your doctor, nurse, social worker or cancer counselor
- Clergy
- Cancer information centers at local hospitals
- Your child’s school counselor
- A local bookstore or library
- Local support groups for families coping with cancer
- Resources listed at the back of this sheet

For more information, visit komen.org or call Susan G. Komen’s breast care helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Friday, 9 AM to 10 PM ET.
How might this affect your older children?

You may be worried your children will get breast cancer too. But just because you have breast cancer doesn’t mean they will get it too.

If you have an older daughter, talk to her about getting to know the normal look and feel of her breasts. Women under age 40 with either a family history of breast cancer or other concerns about their personal risk should talk with their doctor about when to get screened and how often. Women at higher risk may need to get screened earlier and more often than women at average risk. She can also discuss options for lowering her risk of breast cancer.

If you have a son, he is at risk of getting breast cancer too. He can talk to his doctor about what your diagnosis means for him. Breast cancer screening is only recommended for some men at higher than average risk due to an inherited gene mutation or a strong family history of breast cancer. For these men, screening may increase the chances breast cancer is found early, when the chances for survival are highest.

Learning about family health history can help your children understand their risk of developing health problems. Susan G. Komen® has adapted the Surgeon General’s “My Family Health Portrait” tool. This tool makes it easy to record your family health history. The tool is called My Family Health History and can be found on komen.org/familyhealthhistorytool.

Related educational resources:

- What’s Happening to Mom?
- Genetics and Breast Cancer
- Men Can Get Breast Cancer Too
- Support After A Breast Cancer Diagnosis

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