

SMART QUESTIONS TO ASK YOUR DOCTOR ABOUT REAL GENETIC RISK

ASK YOUR DOCTOR:

"Do I have a diagnosed genetic mutation, or just a family history?"

A lot of people assume they're at high risk because a parent or grandparent had something. But family history doesn't always mean you've inherited the actual mutation. Ask. Don't assume.

"Should I get genetic testing based on my family history?"

Depending on your background, you may qualify for specific screenings, especially for certain cancers, blood disorders, or rare diseases. You won't know unless you ask. Testing can bring clarity instead of fear.

"How much of this condition is driven by lifestyle?"

Don't just take their word. Push back a little here. If they say "it depends," follow up. Ask if there's any data, even general percentages, that explain how much is influenced by behavior versus biology. It'll help you focus your effort where it counts.

"What can I start doing now to lower my risk?"

If you're predisposed, the goal isn't to panic. Get specific. If your doctor doesn't offer guidance beyond "eat healthy," don't stop there. Most are used to treating, not preventing disease, so that's when you bring in support from people who do coach prevention:

- Wellness professionals
- Personal trainers
- Nutrition coaches
- Behavior change experts

"Are there habits I should avoid based on my genetic risk?"

Sometimes the most powerful move isn't what you add but what you stop. Your doctor may be able to flag certain behaviors or exposures that tend to trigger issues in people with your genetic profile.