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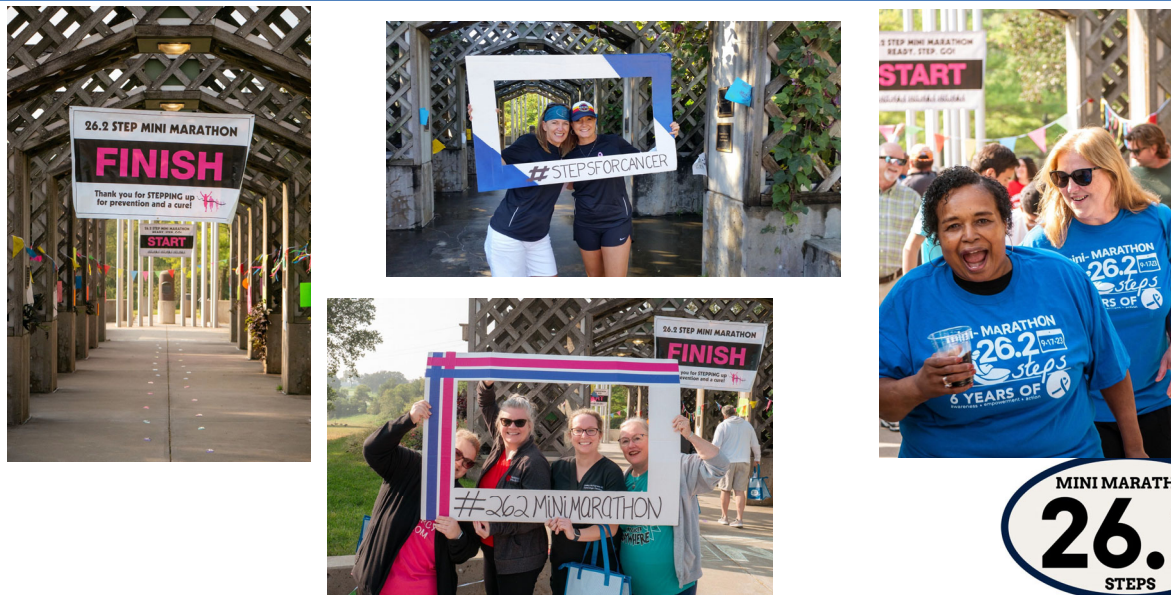
## 26.2 Step Mini Marathon

What we do:

- Host an event that is REALLY just 26.2 STEPS
- What we also do:
  - Raise awareness of High Risk cancer mutations
  - Provide access to genetic testing resources to those who are underinsured/or have no insurance via the Hereditary Cancer Foundation
  - Educational resources
  - HAVE FUN!
- [www.262minimarathon.org](http://www.262minimarathon.org)



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## What To look for with High Risk

- Several first-degree relatives (mother, father, sisters, brothers, children) with cancer
- Many relatives on one side of the family who have had the same type of cancer
- A cluster of cancers in your family that are known to be linked to a single gene mutation (such as [breast](#), [ovarian](#), and [pancreatic cancers](#), which are sometimes linked to *BRCA* gene mutations)
- A family member with more than 1 type of cancer
- Family members who had cancer at a younger age than normal for that type of cancer
- Close relatives with cancers that are linked to rare hereditary cancer syndromes
- A rare cancer (in you or a family member), such as breast cancer in a man or retinoblastoma
- A particular race or ethnicity (such as Ashkenazi Jewish ancestry, which is linked to a higher risk of *BRCA* gene mutations)
- A physical finding that's linked to an inherited cancer (such as having many colon polyps)
- A known genetic mutation in one or more family members who have already had genetic testing
- Lab tests of your cancer cells that show features that might be linked to an inherited gene mutation

American Cancer Society 3/23/2025  
<https://www.cancer.org/cancer/risk-prevention/genetics/genetic-testing-for-cancer-risk/understanding-genetic-testing-for-cancer.html>

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## Next "Steps"

### Action Steps

- At Family Gatherings ask:
  - Who had cancer
  - At what age
  - Connect the family dots (male AND female history)
- Remember to inform your healthcare provider of changes to your family health history
- And remember it all counts as your health history



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# THANK YOU!!

Denise Ibsen Cole  
 Founder of the 26.2 Step Mini Marathon  
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## For more on the charities we support

### Nebraska Med Oncology Patient and Family Experience Fund

This fund supports Nebraska Medicine's commitment to an outstanding oncology patient experience, including critical basic needs for patients and families, as well as support for technology, education and activities that enhance the patient experience.

<https://nufoundation.org/fund/01145280/>

### Hereditary Cancer Foundation

Empowering Families in the fight against Hereditary Cancer

<https://hereditarycancer.org/>

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