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Hereditary predisposition to breast cancer accounts for approximately 5–10% of all breast cancers. The primary syndrome associated with an increased risk of breast cancer is hereditary breast and ovarian cancer syndrome, which is caused by mutations in the \textit{BRCA1} and \textit{BRCA2} genes. However, there are other hereditary cancer syndromes associated with an increased risk of breast cancer, including Li-Fraumeni syndrome, Cowden disease, Peutz-Jeghers syndrome, hereditary diffuse gastric cancer, and ataxia-telangiectasia. Genetic counseling and testing is a key component in the identification of individuals affected by these hereditary breast cancer syndromes. Genetic counseling is the process of educating patients and their families about inherited cancer risks based on their personal and family history and discussing the benefits, risks, limitations, and possible results of genetic testing. Once individuals are identified as having a hereditary breast cancer syndrome, they can be more effectively counseled regarding specific screening and prevention modalities, including chemoprevention and prophylactic surgeries.

\section*{Introduction}

Breast cancer is the most common malignancy among women and the second leading cause of cancer deaths among women. A woman’s lifetime risk of developing breast cancer is about 8–10%. One of the strongest risk factors for developing breast cancer is a family history of the disease. Multiple epidemiologic studies have reported that a family history of breast cancer is a reproducible predictor of breast cancer risk. This risk is correlated with closeness of kinship with affected relatives, number of affected relatives, and age at onset of breast cancer in affected relatives. A woman’s breast cancer risk is at least doubled if she has one first-degree relative with early-onset breast cancer. Having more than one close relative with breast cancer or having a close relative with bilateral breast cancer increases this risk even more.

Families with three or more close relatives with breast cancer are, in the literature, classified as “breast cancer families.” One of the earliest descriptions of a breast cancer family was published in 1866. Since that