

PATIENT BREAST CANCER RISK REPORT

11/5/2012 Test Test



You have a strong family history of cancer.

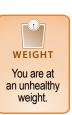
This suggests there may be a genetic factor that increases your risk of breast cancer.

What makes my risk HIGHER?









| What else do | your your | answers | tell | us? |
|--------------|-----------|---------|------|-----|
|--------------|-----------|---------|------|-----|

What should you do now?



You have a family history of cancer

You have relatives who have had breast or ovarian cancer. This suggests there may be a genetic factor that increases your risk of breast cancer. Ask your doctor if you should see a genetic counselor.



You are up-to-date on your mammograms

Doctors recommend that women your age have a mammogram once every two years. Due to your higher risk for breast cancer, talk to your doctor about whether once every two years is right for you.



You are at an unhealthy weight

 Being overweight, particularly after menopause, may increase your risk for breast cancer

- Eating better and getting active may help you lose weight and keep it off.
- Talk to your doctor about a healthy weight for you.
- Ask your doctor for the information leaflet Lower Your Risk for Breast Cancer!



You need to get more exercise

You get less than 4 hours of exercise each week. More exercise may lower your risk for breast cancer.

- Try to get more exercise. Aim for at least 4 hours each week.
- Talk to your doctor about exercises that would be good for you.

APPENDIX 2. Physician Report

PHYSICIAN REPORT



Patient: Test Test DOB: 5/20/1960

Age: 52

Assessment: 11/5/2012 13:20

Breast Cancer Risk Assessment: High Risk

Assessment Basis: Family History Ref: Bellcross et al. (2009) Genetics in Medicine

ASSESSMENTS:

RECOMMENDATIONS:

Family History:

Possible genetic risk

This patient has at least a 10% chance of carrying a genetic mutation (e.g., BRCA1 or BRCA2) that increases her risk for breast cancer.

Ref: Bellcross et al. (2009) Genetics in Medicine

CONTRIBUTING FACTORS:

- Mother has breast cancer
- Sister has breast cancer
- Grandmother on mother's side has breast cancer
- Jewish ancestry

Consider referring patient to the UCSF Cancer

Risk Program for genetic counseling. IF YOU DECIDE TO REFER THIS PATIENT:

Provide patient with the Information Leaflet Genetic Counseling for Breast Cancer.

Breast Density:

Heterogeneously dense breasts

Breast density is a major risk factor for breast cancer. This patient's breast density is associated with *approximately a 50% increast in 5-year risk* for breast cancer compared with average risk women her age.

Ref: Kerlikowske et al. (2007) J Natl Cancer Inst

There are no current recommendations for specific screening or treatment based on breast density.

Screening (mammography):

Up to date, high risk

Routine screening recommended every two years for women in this age group.

Ref: US Preventive Services Task Force (2002) Ann Intern Med

This patient is at high risk according to our Family History Measure.

Due to the patient's increased risk for breast cancer, you may want to consider screening mammography more frequently than every two years.