

# APPENDIX 1. Patient Report



## 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** ?

 <b>AGE</b> You are older than age 50.	 <b>FAMILY HISTORY</b> You have a family history of cancer.	 <b>FIRST PERIOD</b> You had your first period at a younger age.	 <b>WEIGHT</b> You are at an unhealthy weight.
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What else do your answers tell us?	What should you do now?
 <b>You have a family history of cancer</b> <ul style="list-style-type: none"><li>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.</li></ul>	<ul style="list-style-type: none"><li>Ask your doctor if you should see a genetic counselor.</li></ul>
 <b>You are up-to-date on your mammograms</b> <ul style="list-style-type: none"><li>Doctors recommend that women your age have a mammogram once every two years.</li></ul>	<ul style="list-style-type: none"><li>Due to your higher risk for breast cancer, talk to your doctor about whether once every two years is right for you.</li></ul>
 <b>You are at an unhealthy weight</b> <ul style="list-style-type: none"><li>Being overweight, particularly after menopause, may increase your risk for breast cancer</li></ul>	<ul style="list-style-type: none"><li>Eating better and getting active may help you lose weight and keep it off.</li><li>Talk to your doctor about a healthy weight for you.</li><li>Ask your doctor for the information leaflet <i>Lower Your Risk for Breast Cancer!</i></li></ul>
 <b>You need to get more exercise</b> <ul style="list-style-type: none"><li>You get less than 4 hours of exercise each week. More exercise may lower your risk for breast cancer.</li></ul>	<ul style="list-style-type: none"><li>Try to get more exercise. Aim for at least 4 hours each week.</li><li>Talk to your doctor about exercises that would be good for you.</li></ul>

# 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% increase 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.