

Breast cancer

Know your family history

Most women are at **average** risk for breast cancer.

However, a **family history** that includes **one or more** of the following could mean you are more likely to get breast cancer.

- Someone with breast cancer before age 50
- Someone with cancer in both breasts
- You or a family member with breast and ovarian cancer
- A male with breast cancer
- Multiple family members with breast and/or ovarian cancers
- Ashkenazi Jewish ancestry

Genetic counseling

If any of these apply to you, you may want to visit a genetic counselor. They can review your family's medical history and help you determine your risk. The counselor may recommend genetic testing, which is a simple blood or saliva test.



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The following factors put you at increased risk for breast cancer

- Hereditary syndrome or genetic risk factors
- Breast diseases such as a precancerous condition
- Radiation treatment to the chest between ages 10 and 30

About
10%
of breast
cancers are
hereditary.

Options for women at increased risk for breast cancer

Talk to your doctor about the following:

Screening

You may need to start screening at an earlier age, get additional tests such as breast MRI, or be tested more often.

Preventive medication

Drugs such as tamoxifen and raloxifene reduce the risk of breast cancer.

Preventive surgery

Preventive mastectomy – removal of one or both breasts – is an option for some women at increased risk.



Our cancer prevention specialists are experts in cancer risk reduction and early detection.

Appointments available: 877-632-6789

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