

Patient: **First & Last Name**
 DOB: **00/00/XXXX**
 Age: **69**
 Assessment: **08/20/2010 14:27**

Breast Cancer Risk Assessment: High Risk **5-Year Risk: At least 4.9%**

Assessment Basis: **Family History** Ref: Bellcross et al. (2009) Genetics in Medicine **Gail 5-Year Risk Model:** Ref: Gail et al. (1999) J Natl Cancer Inst

ASSESSMENTS: **RECOMMENDATIONS:**

Family History:

<p>Possible genetic risk</p> <p><i>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.</i></p> <p><small>Ref: Bellcross et al. (2009) Genetics in Medicine</small></p> <p>CONTRIBUTING FACTORS:</p> <ul style="list-style-type: none"> ❖ <i>Sister has breast cancer</i> ❖ <i>Mother has ovarian cancer</i> ❖ <i>Jewish ancestry</i> ❖ <i>Personal history of ovarian cancer</i> 	<ul style="list-style-type: none"> ❖ Consider referring patient to the UCSF Cancer Risk Program for genetic counseling. <p>IF YOU DECIDE TO REFER THIS PATIENT:</p> <ul style="list-style-type: none"> ❖ Use the attached UCSF Cancer Risk Program Referral Form. ❖ Provide patient with the information leaflet Genetic Counseling for Breast Cancer.
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Screening (mammography):

<p>Up to date, high risk</p> <p><i>Routine screening is recommended every two years for women in this age group (US Preventive Services Task Force clinical guidelines). This patient is at high risk according to our Family History Measure.</i></p>	<ul style="list-style-type: none"> ❖ Due to the patient's increased risk for breast cancer, you may want to consider screening mammography more frequently than every two years. <p>IF YOU DECIDE TO REFER THIS PATIENT:</p> <ul style="list-style-type: none"> ❖ Please use the attached Mammogram Requisition Form.
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Health Behaviors:

<p>Average 2+ alcohol drinks/day</p> <p><i>Alcohol increases a woman's risk for breast cancer by about 10% for each daily drink.</i></p>	<ul style="list-style-type: none"> ❖ Provide patient with information leaflet Lower Your Risk for Breast Cancer.
<p>Obese BMI = 31.3</p> <p><i>Being overweight (BMI ≥ 30) is associated with an increased risk of breast cancer for post-menopausal women. Weight gain of 20+ pounds after menopause is also associated with an increased risk of breast cancer.</i></p>	<ul style="list-style-type: none"> ❖ Discuss available weight-loss programs.
<p>Insufficient exercise</p> <p><i>Women who exercise regularly (4-7 hours per week) have a 20-30% lower risk for breast cancer than sedentary women.</i></p>	<ul style="list-style-type: none"> ❖ Encourage at least 4 hours per week of moderate (walking) to vigorous (running, biking) physical activity.