

Date: August 20, 2010


Name: Jane Patient

**Your breast cancer risk assessment:** **4.9%** Your risk of developing breast cancer over the next five years is **4.9%**.


**What does this mean?** **This risk is higher than for other women your age.** This estimate is based on your personal medical, reproductive, and family breast cancer history.

What makes your risk **HIGHER?**


**AGE**  
  
You are older than age 50.


**DENSE BREASTS**  
  
You have dense breasts.

**FAMILY HISTORY**  
  
You have a family history of cancer.

**BREAST PROBLEM**  
  
You have had a prior biopsy or atypia.

What makes your risk **LOWER?**

**FIRST PERIOD**  
  
You had your first period at an older age.

**WEIGHT**  
  
You are at a healthy weight.

What else do your answers tell us?

What should you do now?



**Your breast cancer risk is higher than for other women your age.**

- ❖ Your chance of getting breast cancer in the next 5 years is **4.9%**.

- ❖ Ask your doctor if there are ways you might be able to lower your risk for breast cancer, including special screening, medicines, or referral to a high risk clinic.



**You are overdue for a mammogram**

- ❖ Doctors recommend that women your age have a mammogram once every two years.
- ❖ You are at higher than average risk for breast cancer.

- ❖ Tell your doctor you are due for a mammogram.
- ❖ Given your high risk for breast cancer, discuss with your doctor whether once every two years is right for you.



**You are taking a hormone medication that contains estrogen and progestin**

- ❖ Hormone therapy with estrogen and progestin increases your risk for breast cancer.

- ❖ Talk to your doctor about using the lowest dose necessary to control your symptoms, and consider stopping when the therapy is no longer needed.



**You are at a healthy weight**

- ❖ Good job! Keeping a healthy weight may lower your risk for breast cancer.

- ❖ Keep up the good work!