



# ARE YOU AT HIGH RISK FOR BREAST CANCER?

## Baylor St. Luke's Medical Center

DAN L DUNCAN  
COMPREHENSIVE  
CANCER CENTER

Baylor  
Medicine

## There's every reason to choose Baylor Medicine

### WHO IS AT A HIGHER-THAN-AVERAGE RISK FOR BREAST CANCER?



The majority of cancer happens by chance and it is unknown why the cancer happens. In certain families, we see more cancer than we would expect just by chance alone. Some of these families have a mutation, or change, in their genetic information that increases the chance for them to develop specific types of cancers.

If you meet any of the criteria below, we highly recommend that you schedule an appointment for a genetic risk assessment.

- Personal history and diagnosis of:
  - breast cancer at 45 years old or younger
  - More than two breast cancers (one diagnosed at 50 years old or younger )
  - triple-negative breast cancer at 60 years old or younger
- A close family member who meets one of the above criteria
- Number of family members with breast, ovarian, pancreatic, or aggressive prostate cancer is three or more
- Personal or family history of ovarian cancer
- Family history of male breast cancer
- Known genetic mutation in family
- Ashkenazi Jewish ancestry and personal or family history of breast or ovarian cancer

### WHAT TO EXPECT?

#### Your first appointment in the Breast Cancer Prevention & High Risk Clinic involves

- ✓ Comprehensive review of your medical & family history
- ✓ Genetic counseling & testing, if indicated
- ✓ Personalized risk assessment
- ✓ Treatment plan for breast cancer screening & risk reduction

### WHAT TO DO BEFORE YOUR APPOINTMENT?



#### Gather information about your family's cancer history.

- ✓ Who has had cancer? (*parents, siblings, aunts/uncles, cousins, grandparents*)
- ✓ Which type(s) of cancer?
- ✓ What age was the cancer diagnosed?
- ✓ Copy of genetic test results you or your family members have had

## WHO WILL YOU MEET?



**Dr. Julie Nangia**

Director of the Breast Cancer High Risk Program



**Cathy Sullivan**

Certified Genetic Counselor



**Georgiann Garza**

Certified Genetic Counselor

### What can everyone do to decrease their risk of breast cancer?

- Maintain a normal body weight
- Exercise **3-5** hours per week (including walking) or **10,000** steps a day
- Breastfeed if possible
- Consume **less than three** alcoholic beverages per week. If you drink alcohol, take 800 micrograms of folic acid daily.

Research estimates these simple lifestyle changes can prevent **20-30%** of all breast cancers.



**How to Schedule an Appointment?**  
**713.798.1999**

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