

# Breast Cancer Risk Assessment

A new tool for identifying women most at risk



**JOHN MUIR**  
HEALTH





## **What is the likelihood I will develop breast cancer?**

According to the American Cancer Society, the chance of a woman in the United States developing breast cancer at some time during her lifetime is 13%. This means, on average, an individual woman has a 1-in-8 chance of developing breast cancer over an 80-year lifespan.

These risks are based on the average for the whole population. An individual woman's breast cancer risk may be higher or lower depending on known factors, as well as factors that are not fully known yet. Currently over 3.8 million women with a history of breast cancer are survivors. Identifying breast cancer early is important in treating it successfully and improving quality of life.

## **How do I know if I'm at risk?**

Advances in genomics and risk assessment allow us to tailor breast cancer screening recommendations for individual patients. Risk assessment, in particular, identifies women who are candidates for supplemental screening, genetic counseling, or genetic testing.

At John Muir Health, we are able to provide an estimated, personalized Breast Cancer Risk Assessment of your remaining lifetime risk of developing breast cancer.

## **Why is a Breast Cancer Risk Assessment helpful?**

The information from the Breast Cancer Risk Assessment will help inform you and your provider to determine whether supplemental screening, risk reduction strategies, genetic counseling, and/or a formal cancer risk assessment may be appropriate.

## **When is a Breast Cancer Risk Assessment recommended?**

The American College of Radiology and the Society of Breast Imaging recommend that most women receive a risk assessment. At John Muir Health, we perform Breast Cancer Risk Assessments on an annual basis at the time of screening mammography, as the factors that influence your risk may change over time. For example, unexpected weight gain, a new family member presenting with breast cancer, or a change in your breast density.

## Is everyone eligible for a Breast Cancer Risk Assessment?

Breast Cancer Risk Assessment may not be appropriate for all patients, including women under the age of 20 or over the age of 85, those with a personal history of breast cancer, and male patients. If a Breast Cancer Risk Assessment is not offered as part of your screening mammogram, you may still be able to request one from a trained genetic health care provider at John Muir Health. The Breast Health Center also offers comprehensive cancer risk assessments with licensed genetic counselors and/or genetic health professionals.

## Why is John Muir Health offering Breast Cancer Risk Assessment?

We are committed to providing the best and most comprehensive breast imaging services in the East Bay with standard 3D mammography imaging at all sites, dedicated breast imaging physicians and technologists, and minimally invasive diagnostic and surgical procedures. We work as a team to provide

the best possible care. This Breast Cancer Risk Assessment is our latest addition to ensure patients are better informed to make care decisions with their health care provider.

## Does insurance cover Breast Cancer Risk Assessment?

There is no additional charge for this service at John Muir Health. Your insurance will not be billed.

## When is supplemental screening recommended?

If your estimated lifetime risk is greater than 20%, the American Cancer Society & National Comprehensive Cancer Network (NCCN) recommend supplemental screening with annual screening breast MRI. Additional screening and risk reduction strategies may also be available, and we encourage patients to discuss their options with their health care provider.

## How is my risk score calculated?

We obtain a detailed personal and family history from the patient and include their breast density as determined by mammography.

A risk score (percentage) is then calculated using a risk model. We use the Tyrer-Cuzick Risk Model, which is recognized as the most comprehensive and consistently accurate model for predicting breast cancer risk. Other risk models are available and may use different parameters with different estimations of risk.

Calculated risk score	Risk Level	Recommendations
< 15%	Average	<ul style="list-style-type: none"><li>• Continue annual screening mammography</li><li>• Screening with 3D Tomosynthesis preferred to improve cancer detection rates and reduce call backs</li></ul>
Between 15% and 20%	Intermediate	<ul style="list-style-type: none"><li>• Supplemental screening should be considered for women with heterogeneously dense or extremely dense breast tissue</li><li>• Screening breast ultrasound may be appropriate for certain women</li></ul>
> 20%	High	<ul style="list-style-type: none"><li>• Annual screening breast Magnetic Resonance Imaging (MRI) in addition to mammography*</li><li>• Genetic testing, risk assessment and counseling may also be suggested</li></ul>

\* The American Cancer Society & National Comprehensive Cancer Network (NCCN)

## What are other risk reduction strategies that I can do?

Lifestyle factors that may lower your estimated lifetime risk are:

- Maintaining a healthy weight or body mass index (BMI) and avoiding weight gain
- Limiting your alcohol consumption
- Limiting estrogen and progesterone hormone therapy
- Exercising
- Breastfeeding
- No smoking or vaping

## Where can I get more information about the John Muir Health Breast Health Center and the new Breast Cancer Risk Assessment Tool?

For additional questions or concerns, please call (925) 947-3322 to speak to a Nurse Navigator.



### John Muir Health Breast Health Center

#### **Walnut Creek Medical Center**

133 La Casa Via, Suite 140

Walnut Creek, CA 94598

Monday-Friday 8:00 AM to 4:30 PM

#### **Concord Medical Center**

2540 East Street

Concord, CA 94520

Monday-Friday 7:30 AM to 4:00 PM

**Phone (925) 947-3322**