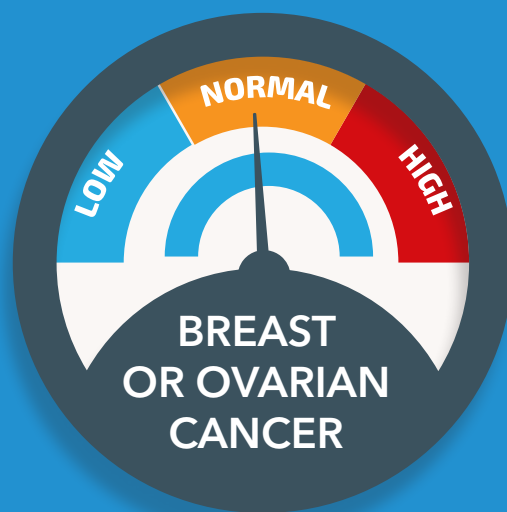
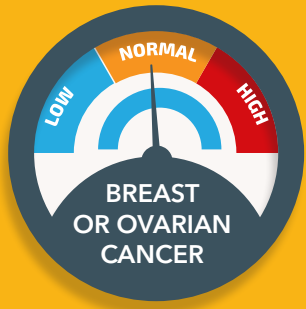


WHAT'S YOUR RISK?



Holyoke Medical Center

The Women's Center



What's Your Risk?

7 Family History Factors

to Determine Your Breast or Ovarian Cancer Risk

There is more to breast health than yearly mammograms. Understanding your family medical history can play a crucial role in determining your risk level for breast or ovarian cancer. The seven family history factors outlined in this booklet are the first step to helping your breast health specialist determine if you require further evaluation for increased risk for breast or ovarian cancer.

It is important to keep in mind statistically that only about 10% of individuals diagnosed with breast cancer may have a hereditary cause. Another 20% may be at risk due to family history alone. Reviewing these factors and seeking out the services of a comprehensive breast health center, can help you make a proactive, informed decisions about your breast health.

What is a family history regarding risk assessment?

Family history includes three generations. This means mother, father, brother, sister, aunts, uncles, nieces, nephews, cousins, grandparents, and great-grandparents. It includes any cancers that have been identified in the family and the ages of the family member when they developed the cancer.

FACTOR #1

Breast cancer under the age of 50

A woman's chance of developing breast cancer increases if a 1st^o relative, such as a mother, sister and/or daughter had been diagnosed with breast cancer, especially if they were diagnosed before the age of 50. Having a relative with breast cancer diagnosed before the age of 50 may be linked to a genetic error. If this history exists in your fathers or mothers family history (mother, father, Brother, sister, aunt, uncle, niece, nephew, cousin, grandparents and great grandparents) a persons risk can be determined through further evaluation such as genetic testing and counseling.

FACTOR #2

Ovarian cancer at any age

Ovarian cancer at any age on mothers side or fathers side of the family is sufficient for high risk assessment, genetic testing and counseling. The normal risk of ovarian cancer is less than 1%. With a hereditary cause it may be as high as 44% by the age of 70.



What cancers should I be looking for?

Breast cancer, ovarian cancer, colon cancer, uterine cancer, prostate cancer, pancreatic cancer, stomach, and melanoma

FACTOR #3

Multiple breast cancers in an individual

A family member with two primary breast cancers (one cancer in each breast or two cancers in the same breast in different locations) may be at an increased risk for breast and ovarian cancer. Further risk assessment and possibly genetic testing may be required. This includes both the mothers and fathers side of the family extending out three generations.

FACTOR #4

Three or more relatives with breast cancer on the same side of the family.

Three or more relatives with breast cancer on the same side of the family at any age is a clear indication of risk and should receive counseling and possibly genetic testing.

FACTOR #5

Male with breast cancer

Having a male with breast cancer on either the mother's side or father's side is a factor that should be discussed by your breast health specialist with attention to genetic testing.

FACTOR #6

Ashkenazi Jewish heritage and a family history of breast cancer.

Ashkenazi Jewish men and women of eastern European descent have a higher incidence of the BRCA1 and BRCA2 gene mutation, the most well-known genes linked to breast cancer risk. Any history of breast cancer at any age should be evaluated.



FACTOR #7

History of a known mutation in the family.

Mutations in the BRCA1 and BRCA2 are the best known genes linked to breast and ovarian cancer. Other genes have been identified recently and are being tested for. A known inherited mutation or alteration can be passed with a 50-50 chance of inheriting the mutation to other members in the family. Identifying a known mutation is an important factor in taking charge of your breast health because it informs the kinds of testing, frequency of screenings, and treatment plans your healthcare provider will suggest. It also provides information regarding who else should be tested for that same mutation in the family.

What to Look for in a Comprehensive Breast Health Center

- ✓ Board-certified breast surgeon
- ✓ Extensive cancer risk assessment
- ✓ Genetic testing and counseling
- ✓ Advanced diagnostic equipment such as 3D stereotactic breast biopsy

The Women's Center at Holyoke Medical Center is here to help. If any of the 7 Factors affect you, call for an appointment at (413) 534-2770 or visit us at holyokehealth.com/WomensCenter.



Holyoke Medical Center

The Women's Center

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