



Questions to ask your doctor

The best way to make informed decisions about your breast health is to speak directly with your doctor. Here are some questions to help you get the conversation started:

- How often should I get a mammogram?
- Is there a way to reduce my risk of getting breast cancer?
- Do I have dense breasts?
- What does having dense breasts mean?
- How does having dense breasts impact my risk of getting cancer?
- Are there tests other than a mammogram I may need?
- Should I receive a breast cancer risk assessment?
- Should I receive genetic testing for breast cancer?
- Who will help me understand my results?



Visit one of our locations



**Breast cancer
risk assessment:**
Stay ahead of cancer



We are committed to early cancer detection

- 1 in 8 women will be diagnosed with breast cancer within their lifetime
- Many women are at higher risk of developing breast cancer but they don't know it
- Risk assessment can help identify high-risk women before cancer develops
- That's why we've implemented a risk assessment program to personalize breast care for our patients



Here's what you need to know

- Breast cancer risk involves a combination of factors: personal health history, lifestyle, environmental effects and genetics
- All these factors combine to create your individual risk, something that you should be aware of so that you can make the most informed decisions about your breast health
- Our new risk assessment program will help make this possible, but we'll need some help from you

STAY HEALTHY.
**STAY AHEAD
OF CANCER.**



Steps in a risk assessment

- Complete the risk survey at the beginning of your next mammogram appointment
- Most of the questions will be familiar to you, but some will be new. For family history questions, you may need to ask family member(s) on both your mother's and father's side for the information below
- For each family member who has had cancer, please indicate:
 - Type of cancer
 - Age of diagnosis
- Get your regular mammogram screening
- As part of your mammography result, a radiologist will assess your breast density (the naturally-occurring amount of non-fat tissue in your breasts) in addition to looking for any cancers
- Your breast density value will be factored into your risk. The more dense tissue there is in your breasts, the higher your risk. If you are found to have high breast density you may be advised to receive an additional, specialized screening for dense breast tissue
- If your overall risk indicates you are at higher risk, discuss a personalized care plan with your doctor