

High Risk for Hereditary Breast Cancer



High risk for hereditary breast cancer means that you may be at an elevated risk for hereditary cancers and you are eligible for consultation with our genetics team. From the comfort of your home, you can meet with a certified genetic counselor to review your history and risk factors. If your questionnaire shows that you may be at a high risk, a member of our team will schedule you for a consultation with our genetic counselor to discuss your results in detail.

For more information about hereditary cancer and genetics, please visit riversideonline.com/geneticscreening or scan this QR code.



How is my risk calculated?

The assessment uses the National Comprehensive Cancer Network (NCCN) Guidelines in Clinical Oncology to calculate risk.

The NCCN Guidelines are considered the standard of care in oncology. Reviewed annually by thousands of multidisciplinary clinicians and researchers, the NCCN Guidelines are among the most thorough and up-to-date guidelines in medicine.

Next steps and recommendations

- You are eligible for a consultation with a genetic counselor who can further assess your risk and guide you through genetic testing that looks for certain genes that place you at a higher risk for breast cancer.
- You and your health care provider will work together to develop an individualized prevention, screening and risk-reduction evaluation that may include a referral to a breast specialist.
- You should begin more frequent screening at a younger age, at least 10 years before the earliest age that a family member was diagnosed with breast or ovarian cancer.
- Alternate screening mammograms with a breast MRI every six months.
- Anti-estrogen medicines may be prescribed.
- Some people who have the BRCA 1 or BRCA 2 gene mutation may consider risk-reducing surgery, which can reduce the risk of breast cancer by as much as 97%.
- Make lifestyle modifications, such as maintaining a healthy weight, exercising regularly, limiting alcohol, eating a healthy diet and stopping smoking.
- Know how your breasts normally look and feel. If you notice something that doesn't look or feel quite right, advocate for yourself and share your concerns with your health care provider so that you can have a breast exam.