

## Your Result

**Screening for Genetic Factors  
Recommended**

**Your family history of cancer or other genetic risk factors should be evaluated.**

- A genetic evaluation of your family history of cancer is recommended.
- Reproductive history and lifestyle factors slightly increase your breast cancer risk. Your doctor can advise you on how to make changes in the factors you can control.
- Some mammogram reports sent to women mention breast density and other reports do not. Dense breast tissue can make it harder to find cancer using a mammogram.

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## View Your Risk Factors

*Open any Risk Factor below to learn more about your risk and what you can change.*

## Genetic Risk Factors

Increased Risk 

Genetic Risk Factors	Your Risk
Breast cancer in immediate family	<i>Increased</i>
Relative with bilateral breast cancer	<i>Average</i>
Relative with breast cancer before age 50	<i>Average</i>
Relative with breast AND ovarian cancer	<i>Unknown</i>
Male relative with breast cancer	<i>Average</i>
Ovarian cancer in immediate family	<i>Average</i>
2 relatives with breast cancer and/or ovarian cancer	<i>Average</i>
2 relatives with breast cancer and/or bowel cancer	<i>Average</i>
Ashkenazi Jewish Ancestry	<i>Average</i>
Positive test for BRCA1/BRCA2 gene mutation in immediate family	<i>Increased</i>

Breast cancer is a complex disease. It's due to DNA changes (mutations) in certain genes. These gene changes usually happen by chance and aren't inherited from a parent.

Most women who have a close relative with breast cancer will never develop the disease. But gene changes can run in families and increase breast cancer risk. A history of breast cancer on either her mother's or father's side of the family may increase a woman's breast cancer risk. This is especially true when breast cancer happens before age 40.

Ashkenazi Jews have a higher chance of inheriting a DNA change in two genes known to greatly increase the risk of breast cancer (BRCA1 or BRCA2). In this group, the risk of carrying a mutation is 1 in 40 compared to 1 in 500 in the general US population.

Women with a history of cancer in their family (see table) should talk to a trained health care professional about their genetic risk.

## Personal History Risk Factors

*Average Risk* 

Personal History Risk Factors	Your Risk
Lobular carcinoma in situ (LCIS)	<i>Average</i>
Ductal carcinoma in situ (DCIS)	<i>Average</i>
Positive test for breast cancer gene mutation	<i>Average</i>
Breast cancer	<i>Average</i>
Chest radiation therapy	<i>Average</i>
Atypical hyperplasia	<i>Average</i>
Dense breast tissue	<i>Average</i>

Inherited genes (DNA) play a role in the risk of breast cancer. But your personal health history factors into your breast cancer risk too.

If you have been diagnosed with atypical hyperplasia you have an increased risk of developing breast cancer in the future.

Certain breast conditions may also increase breast cancer risk. LCIS and DCIS are confusing terms because, although they are considered "stage 0" breast cancer, they may or may not turn into an invasive cancer.

A previous history of breast cancer, having breast cancer gene mutations, dense breast tissue, or a history of radiation therapy to the chest before age 30, may increase breast cancer risk.

## Other Risk Factors



Other Risk Factors	Your Risk
Age	<i>Average</i>
Hormonal birth control	<i>Increased</i>
Postmenopausal hormone therapy	<i>Average</i>
Breastfeeding history	<i>Decreased</i>
Reproductive history	<i>Increased</i>
Weight after menopause	<i>Not Applicable</i>
Weekly exercise	<i>Average</i>
Alcoholic beverages	<i>Increased</i>

The risk of breast cancer increases with age. Most breast cancers develop slowly over time and are diagnosed after age 50. In fact, breast cancer risk increases across all ages until about age 80.

Reproductive history and breastfeeding history may also contribute to breast cancer risk. This includes factors such as early age of menstruation, never having had a baby or having a first baby after age 30, using hormonal birth control, or hormone therapy after menopause. All of these factors mean the body is exposed to the hormone estrogen for a longer period of time, which increases risk of breast cancer.

About one-third of breast cancers after menopause are linked to factors you can change like obesity, lack of physical activity, and increased alcohol consumption. In fact, physical activity is a protective factor for breast cancer. The good news is that you get more benefit the more you exercise.

You can lower the risk of developing breast cancer by making simple lifestyle changes.

## Take Your Next Steps

We recommend a genetic screening based on the answers provided in this assessment.

[Schedule Genetic Consultation](#)

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*Take the time to review these results with a physician.*

Discuss the many options available to you that can add years to your life. If you do not have a primary care provider, click here to find one that matches your needs. You may also call our Care 24/7 service at 888-888-8888 to talk to one of our referral specialists.

## Our Cancer Services

To learn more about oncology services at National Health, visit [nationalhealth.org](http://nationalhealth.org). We provide a comprehensive array of services to help our community maintain and improve their health.

*Thank you for participating in the BreastCancerAware Risk Assessment.*

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NOTICE: Health assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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