

Minnesota Department of Health Breast Cancer and Family Health History

Screening for Individuals Without a Family History

- ◆ A clinical breast exam (CBE) by your healthcare provider every 1-3 years for women 20-39 years of age
- ◆ A yearly mammogram and CBE by your healthcare provider for women 40 years of age and older¹



¹American College of Radiology, American College of Preventive Medicine, United States Preventive Services Task Force, National Comprehensive Cancer Network, American Cancer Society, and American College of Gynecologists and Obstetricians

Screening for Individuals With a Family History

Women With a Hereditary Breast or Ovarian Cancer Syndrome

- ◆ Monthly breast self-exams and a yearly CBE starting at age 18
- ◆ A CBE every 6-12 months and yearly mammograms and MRI starting at age 25 or individualized screening based on the earliest case in the family

Men With a Hereditary Breast or Ovarian Cancer Syndrome

- ◆ Monthly breast self-exams and a CBE every 6-12 months
- ◆ Some men need screening by mammography. Talk to your healthcare provider to determine if you need to have this test.
- ◆ Follow population screening guidelines for prostate cancer

Women With a Family History of Breast Cancer

- ◆ Monthly breast self-exams and a yearly CBE starting at age 18
- ◆ A CBE every 6-12 months and yearly mammograms 5-10 years before the youngest breast cancer case in the family²



²National Comprehensive Cancer Network

What is a Family Health History?

A record of a person's current and past illnesses, and those of his or her parents, brothers, sisters, children, and other blood relatives. A family health history shows the pattern of certain diseases in a family, and helps to determine risk factors for those and other diseases.³



³National Cancer Institute

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Breast Cancer Risk Factors and What You Can Do About Them

Things You Can Change

- ◆ **Obesity:** Greater weight leads to greater risk.
- ◆ **Diet:** A diet high in fat increases risk.
- ◆ **Exercise:** An inactive lifestyle increases risk.
- ◆ **Alcohol:** drinking too much increases risk
- ◆ **Hormone therapy:** Hormone replacement therapy increases risk.



What Can You Do?

- ◆ Lose weight if you are overweight
- ◆ Eat a balanced diet including fruits, vegetables, whole grains, low-fat or fat-free dairy products, and lean meats
- ◆ Get active
- ◆ Drink less alcohol
- ◆ Regular screening
- ◆ Talk to your healthcare provider

Things That You Can't Change

- ◆ **Family history:** Breast cancer risk is higher among women whose close blood relatives have/had this disease.⁴ *Both your mother's and your father's family health history matters!*
- ◆ **Age:** Most breast cancers happen after age 50.
- ◆ **Ethnicity:** Caucasians and Ashkenazi Jews are at greater risk.
- ◆ **Menstrual history:** Earlier menstruation (before age 12) and later menopause (after age 50) increase risk.
- ◆ **Reproductive history:** Women who had their first child after age 30 or have had no children are at greater risk.
- ◆ **Breast density:** Increases risk.
- ◆ **Hormonal factors:** Female hormones increase risk.
- ◆ **Personal history of benign breast disease:** Increases risk

⁴ What Are the Risk Factors for Breast Cancer? American Cancer Society. <http://www.cancer.org>

What Can You Do If You Have a Family History?

- ◆ Talk to your doctor about your family health history of cancer
- ◆ Earlier and more frequent screening with mammography and MRI and clinical breast exam by your healthcare provider
- ◆ Cancer risk assessment and counseling
- ◆ Genetic testing
- ◆ Preventive surgery in some cases (removal of both breasts and ovaries)
- ◆ Prescription drugs to prevent cancer
- ◆ Engage in healthy behaviors (see above)

