



## Breast Health Services

Breast Cancer Risk Assessment Program



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## Breast Cancer Risk Assessment Program

Norwalk Radiology and Mammography Center (NRMC), an outpatient service of Norwalk Hospital, offers a comprehensive risk assessment program to identify women at increased risk for breast cancer. The goal is to identify individuals with an increased risk for breast cancer and develop an early detection and prevention approach tailored to each individual.

All mammography patients will have a risk assessment performed at the time of their mammogram. The risk assessment will include an evaluation of your family and personal medical history to:

- Estimate your lifetime risk for breast cancer
- Determine if genetic counseling and/or testing for breast and/or ovarian cancer is appropriate for you

## Lifetime Risk Assessment

The average woman's lifetime risk for developing breast cancer is approximately 12 percent. If it is determined that you have a 20 percent or greater lifetime risk for breast cancer, the American Cancer Society recommends that you have an annual breast MRI in addition to a mammogram. You may also benefit from a clinical breast exam performed by a health care provider every six (6) months. Speak with your health care provider about other ways you can reduce your risk for breast cancer. If you already have a breast specialist/surgeon, please follow up with them.

## Genetic Counseling/Testing

If you are considered at very high risk for breast cancer, you may be referred for genetic counseling, which may include testing for changes in the BRCA 1 and BRCA 2 genes. These services may be recommended for you if you have a personal and/or family history of one or more of the following:

- Breast cancer diagnosed before age 50
- Family history of breast cancer
- Breast and ovarian cancer in the same individual or the same side of the family
- Male breast cancer in your family
- Bilateral breast cancer
- Triple negative breast cancer (diagnosed before age 60)
- Eastern European Jewish ancestry

## What to Expect

If you are found to have a 20 percent or greater lifetime risk for breast cancer, or you meet any of the genetic testing criteria, you may be notified by our breast health specialist or your doctor to discuss your options. For more information or to contact our breast health specialist, please call **(203) 939+1225**.

