



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?
- Who will help me understand my mammography results?

BREAST CANCER RISK ASSESSMENT

STAY AHEAD OF CANCER



BARBARA ANN
KARMANOS CANCER INSTITUTE
4100 John R
Detroit, MI 48201

KARMANOS CANCER INSTITUTE
AT WEISBERG CANCER CENTER
31995 Northwestern Hwy.
Farmington Hills, MI 48334

KARMANOS CANCER INSTITUTE –
DEARBORN
18800 Hubbard Drive
Dearborn, MI 48126

BARBARA ANN
 **Karmanos**
CANCER INSTITUTE
Wayne State University

1-800-KARMANOS | karmanos.org



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BARBARA ANN
 **Karmanos**
CANCER INSTITUTE
Wayne State University



WHY CHOOSE KARMANOS?

Karmanos Cancer Institute is committed to providing innovative and individualized care. Patients have access to the following treatments and resources for breast health:

- High-Risk Breast Clinic
- Women's Wellness Clinic
- Genius™ 3D Mammogram
- Breast Magnetic Resonance Imaging (MRI)
- Board-Certified Breast Radiologists

At Karmanos, we are known for our award-winning care. Karmanos Cancer Institute has been named one of America's Best Hospitals for Cancer Care by the Women's Choice Award® several years in a row. Karmanos Cancer Center in Detroit and the Lawrence and Idell Weisberg Cancer Center in Farmington Hills are designated as Breast Imaging Centers of Excellence by the American College of Radiology.

WE ARE COMMITTED TO EARLY CANCER DETECTION

- 1 in 8 women will be diagnosed with breast cancer within their lifetime.
- Many women are at a higher risk of developing breast cancer but they don't know it.
- A breast cancer 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 calculate your individual risk so you can make the most informed decisions about your breast health.
- Our new risk assessment program will help us calculate your risk, but we'll need some help from you by providing as much family and personal medical history as possible.

STEPS IN A RISK ASSESSMENT

1. Schedule your mammogram screening by calling 1-800-KARMANOS.
2. Complete the risk survey you received via email or text before your scheduled mammogram appointment.
3. Most of the questions will be familiar to you, but some will be new. For family history questions, you may need to ask family members on both your mother's and father's side.
4. For each family member who has had cancer, please indicate the following:
 - Type of cancer
 - Age of diagnosis
5. 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 abnormalities.
6. Your breast density value will be factored into your risk. The more dense tissue in your breasts, the higher your risk. If you have high breast density, you may be advised to receive an additional, specialized screening for dense breast tissue.
7. If your overall risk indicates you are at a higher risk, you can discuss this with your primary care physician or a nurse practitioner in our Women's Wellness Clinic. For more information, call 1-800-KARMANOS, where you may also speak with a breast navigator.