

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 for breast cancer?
- Who will help me understand my results?



McLAREN BREAST CENTER CLARKSTON

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mclaren.org/clarkstonbreastcenter

BREAST CANCER RISK ASSESSMENT

AT McLAREN CLARKSTON





WHY CHOOSE McLAREN CLARKSTON?

McLaren Clarkston, an affiliate of McLaren Oakland, is committed to providing innovative and individualized care. Patients have access to the following treatments and resources for breast health:

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

The McLaren Breast Center – Clarkston, Clarkston's only Breast Imaging Center of Excellence (BICOE), is a state-of-the-art facility dedicated to providing advanced and comprehensive breast health services. The Breast Center features the latest diagnostic technology, which is critical to the early detection of breast cancer and other breast conditions. The BICOE designation means the breast imaging services at the center are fully accredited in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy.

WE ARE COMMITTED TO EARLY CANCER DETECTION

- 1 in 8 women will be diagnosed with breast cancer within their lifetime.
- Many women are at higher risk of developing breast cancer but they don't know it.
- 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.

WHAT YOU SHOULD KNOW

- Breast cancer risk involves a combination of factors: personal health history, lifestyle, environmental effects, and genetics.
- All these factors combine to create your individual risk, something that you should be aware of so that you can make the most informed decisions about your breast health.
- Our new risk assessment program will help make this possible, but we'll need some help from you by providing as much family and personal medical history as possible.

STEPS IN A RISK ASSESSMENT

- Schedule your mammogram screening by calling 1-800-MCLAREN.
- Complete the risk survey you received via email or text before your scheduled mammogram appointment.
- 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 for the information below.
- For each family member who has had cancer, please indicate the type of cancer and age of diagnosis.
- 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.
- 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.
- If your overall risk indicates you are at higher risk, you can discuss this with your primary care physician or be seen in our Breast Clinic by calling (248) 922-6635 and speaking with our High-Risk Breast Team.