

Cape Cod Hospital
Comprehensive Breast Center
High Risk Breast Clinic

“Specialized clinic on Cape Cod to identify and monitor women with high risk of breast cancer “

Our High Risk Breast Clinic is a state of the art program that features identification of high risk breast cancer patients and early detection of breast cancer. We offer on-site genetic counseling and testing and comprehensive breast cancer risk evaluation. Every patient that walks through our door, whether it be for screening or diagnostic imaging or by referral by your PCP or OB/GYN, has a comprehensive family and personal history review and cancer risk assessment. Patients also have the opportunity to see a high risk specialist same-day.

High risk determination is based on family history of breast and ovarian cancer and personal factors such as; age at menarche, age of first live birth, hormone replacement therapy, previous breast biopsy, body mass index and many other factors. Most breast cancers are sporadic in nature and approximately 5-10 percent are a result of a genetic predisposition such as the BRCA1/2 genes, which have gained popularity in the media. If one inherits one of these gene mutations, they have an up to 80% lifetime risk of developing breast cancer and up to 40% risk of developing ovarian cancer. There are also other genes, less know by the public, that we know of that can cause breast and ovarian cancer. Those patients who are identified as being high risk for an genetic mutation and meet criteria for genetic testing can meet with a genetic specialist and be tested that day.

Patients found to have familial high risk (defined as greater than 20% lifetime risk of developing cancer based on risk calculations) or those with a genetic mutation for breast or ovarian cancer are enrolled automatically in our high risk program. The high risk program provides a more intensive screening process for breast cancer. This includes clinical breast exam every 6-12 months, annual mammography and the addition of annual screening breast MRI. We also have the newest breast imaging technology called tomosynthesis, which provides a 3-D picture of the breast rather than a 2-D image provided by traditional digital mammography. We have highly trained mammography, ultrasound and MRI technicians and expert radiologists with extensive breast training and experience. High risk patients may also be referred to one of our specialists for preventative medication or surgery.

High Risk Program

- Clinical Breast exam every 6-12 months
- Annual screening mammography
- Annual screening breast MRI
- Individualized risk reduction:
 - Referral to medical oncology for risk reduction medication
 - Referral to breast and plastic surgery for preventive breast surgery
- Genetic counseling and testing
- Personalized treatment plan and follow-up

Risk Factors for Breast Cancer:

- Age
- Race
- Weight

- Personal history of breast or ovarian cancer
- Family history of breast or ovarian cancer
- Breast changes and biopsy
- Age of first period, age of first child or no children and age of menopause
- Estrogen exposure-hormone replacement
- Breast density
- Prior radiation therapy
- Lifestyle: smoking, alcohol, etc.

Red Flags for Genetic Predisposition (Hereditary Breast Cancer):

- Three or more blood relatives with breast cancer
- Two blood relatives with breast cancer, one under the age of 50
- Ovarian cancer in you or a blood relative of any age
- Male breast cancer in you or blood relative of any age
- Known BRCA1/2 mutation in blood relative
- Personal history of breast cancer under the age of 50 or ovarian cancer at any age
- Triple negative breast cancer under the age of 60
- Ashkenazi Jewish ancestry with a personal history or blood relative with breast or ovarian cancer

If you or your family members are concerned about the risk of breast cancer, you can receive an evaluation by one of our high risk breast cancer specialists.

Women can be referred to our high risk program by their PCP or OB/GYN. For more information call Cape Cod Hospital's Cuda Women's Health Center (508) 957-1700. We will be happy to meet with you and determine your breast cancer risk.