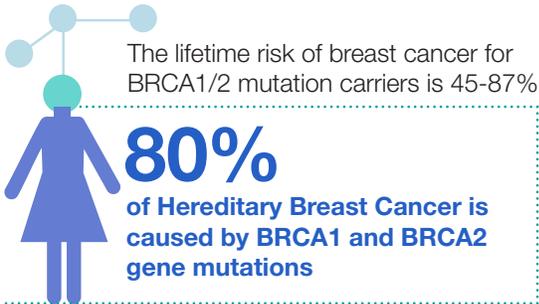


Hereditary Breast & Ovarian Cancer

Awareness



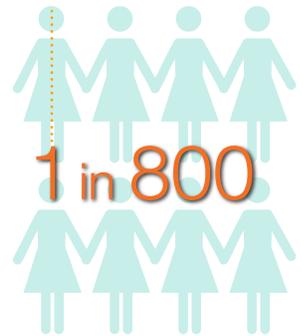
5-10% breast cancer is **hereditary**



Likelihood of genetic mutation by heritage:



General Population



You should consider genetic counseling if:

- You or your **blood relatives** on either your mother's or father's side has had **breast cancer diagnosed before age 50**
- There is **both breast and ovarian cancer in your family**, particularly in a single individual
- You are of **Ashkenazi Jewish** heritage and **have personal or family history of breast or ovarian cancer**
- A **man in your family** has had **breast cancer**
- A family member with a known **BRCA1 or BRCA2** mutation
- Personal or family history of **ovarian/fallopian tube/primary peritoneal cancer at any age**
- Personal history of **"triple negative" (ER neg, PR neg, Her2neu neg) breast cancer at or before age 60**

What is the Genetic Counseling and Testing Process



Breast cancers associated with **BRCA1 or BRCA2** gene mutations tend to develop in **younger women and occur more often in both breasts** than cancers in women without these abnormal genes.



Medical management options for BRCA1/2 mutation carriers include: increased surveillance, medications to reduce breast cancer risk, risk-reducing surgery, recommendations for family members

For referrals or more information:

Hereditary Breast & Ovarian Cancer

Awareness

Medical Management for Syndrome Hereditary Breast and Ovarian Cancer

STARTING AT

AGE **18** Breast awareness

AGE **25** Clinical breast exams every six to 12 months

Annual mammogram and breast MRI

Discuss risk reducing bilateral mastectomy

AGE **30** Consider transvaginal ultrasound and CA-125 every six months

AGE **35** Recommend risk-reducing bilateral salpingo-oophorectomy at age 35 or when childbearing is completed

Consider chemoprevention options for breast and ovarian cancer

Sutter Cancer Centers

Comprehensive Breast Cancer Program

Medical Oncology

Surgical Oncology

Reconstructive Surgery

Breast Cancer Navigators

Cancer Risk and Genetic Counseling

Infusion Therapy and Radiation Oncology

Nutrition Counseling

Support Groups and Healing Arts



Sutter Cancer Centers

Locations throughout the Sacramento Sierra Region. Learn more at suttercancer.org.